



Attention: Human Resources

The Body Shoppe Health and Fitness Center offers an exciting, corporate package that benefits your employees without costing you, the employer, anything. In these economic times, it is difficult to offer the “extras” to our employees that make them feel that they are an appreciated team member. Here we offer an easy solution towards increased employee confidence in the workplace. We currently partner with more than 20 local corporations and we would love to have you onboard with us!

We offer several corporate options and are willing to work with you to create a package that fits your vision for a healthier and more productive employee. What we often hear from people trying to make health lifestyle choices is that it is the first step that is the most challenging. Our corporate options include support and encouragement that begins for your employees at the job site, increasing employees’ comfort level with fitness before they even walk through our door.

Current Corporate options include:

- A 15% discount off of a Full Facility membership for your employees when 5 or more employees join the Body Shoppe.
- A Body Shoppe staff member will come to your corporation to introduce our class offerings and answer questions. *This is at no cost to you or your employees.*
- Focus on Fitness classes, a great fitness introduction for anyone beginning to incorporate a healthier lifestyle and needing some structured support.
- Body Shoppe staff will come to your company and demonstrate class fitness tools; we will follow it up with a private class for your employees here at the Body Shoppe. *This is at no cost to you or your employees.*
- Employee only fitness classes at the Body Shoppe. If your corporation can guarantee a minimum number of employee participants at a given time, we will create a closed fitness class for your group on a weekly basis.
- Employer Subsidized memberships are also available, ranging from 20 – 50% contribution towards your employees’ memberships.

Enclosed you will find information on our facility, our programs, and pricing. Please feel free to call with questions, schedule an introductory talk or fitness class, or tour our facility. I welcome the opportunity to meet with you about our corporate packages at your convenience. Thank you for your time and please don’t hesitate to give me a call.

In Health,

Sarah Rury
Corporate Sales

Enclosed in Packet:

Flyers on

- What will it Cost?
- What's in it for you?
- Corporate Sponsorship
- How will you know it's effective?
- Current Corporate Options
- Fitlinx flyer

(these flyers are all in this document to look at)

Could also be enclosed in corporate packet:

The Body Shoppe: A Route to Fitness for All (Liz and Jeff – from the website)

Recent Newsletter

Brochure

Other possibilities: beginner running, student special, weight watchers, focus on fitness

What will it Cost the Employer? As low as FREE!

The Administrative Joining Fee will be waived for any employee from your corporation.

Because we are your partners in guiding your employees to fitness, if 5 or more of your employees are members, we offer a 15% discount on our Full Facility membership.

Other options include Employer Subsidized Memberships which range from 20 – 50%

When we come to your corporation to introduce the Body Shoppe or offer a fitness class specifically for your employees, we are committed to helping anyone make the lifestyle changes they are interested in achieving.

How Will You Know if It's Effective?

WE'LL TELL YOU!

With Fitlinxx we can keep track of attendance, strength progression, and cardiovascular activity.

We are happy to send you quarterly reports.

What's In It for You?

1. Increased fitness decreases illness
2. Decreased illness means decreased absence from the workplace.
3. Increased fitness increased productivity.
4. Increased fitness decreases the chance for injuries on the job.
5. Decreased injuries mean decreased absence from the workplace.
6. Potential new hires will appreciate the addition to your benefits package.
7. Employees working out together will have an overall increased sense of cohesion and belonging to a team!

Corporate Sponsorship of Employee Fitness

Services offered at the Body Shoppe include:

Nautilus enhanced by Fitlinxx, an interactive computer program that tracks each workout and can provide instant historical feedback.

Free Weights

Cardiovascular Fitness Classes

Yoga, Belly Dancing, Flexibility Classes

A full Circuit of Cardiovascular Equipment

Individual Current Pools

Saunas and Locker Rooms

Focus on Fitness Program

Metabolic Testing

On Staff Nutritionist

On Staff Personal Trainers

Weight Watchers Meetings

Group Biking, Hiking, and Beginner Running
Programs

AND SO MUCH MORE

Current Corporate Options

In addition to the free corporate option which includes:

Fitness staff coming to your company

Fitness staff demonstrating fitness equipment at the job site

15% discounts for employees when 5 or more people from your company join

Private fitness classes for your employees

Additional corporate options include:

Your company pays a set amount towards Full Year memberships for your employees (percentage determined by your company)

Your company pays a percentage of monthly fees on an employee's automatic withdrawal membership (percentage determined by your company)

Through our Fitlinxx Program, the Body Shoppe can track employees workouts for companies that would like to set a minimum number of workouts/month in order to be subsidized.

Your company can hire a personal trainer or physical therapist to come to your workplace and do training for "stretch breaks," cardio workouts, or other similar programs.

Companies We Currently Partner with Include:

Lunt Silversmith, Franklin Medical Center, Deerfield Academy, Coca Cola, MA Teachers Association, Greenfield Public Safety, Baystate Health Services, Judd Wire

We partner with a total of 28 Franklin County Companies!

The Body Shoppe offers Fitlinxx to Help Your Employees Track Their Success:

A customized exercise program geared to your goals, needs and time constraints.

Consistent personalized feedback from your fitness instructor to help achieve your goals.

Electronic coaching on each strength machine to ensure you are exercising safely, correctly, and at the right speed.

Automatic recording of your workout history, including all your strength training and all your cardio workouts. You may also log other activities, such as swimming, outdoor exercises, and fitness classes.

Fitlinxx offers a proven Route to Track Corporate Member Attendance and Progress.