

WHY 24 HOUR FITNESS

Corporations everywhere are embracing the reality that a fit workforce equates to a healthier business. When health management becomes a business priority, it creates happier and more productive employees, while increasing the company's bottom line. 24 Hour Fitness, the largest privately owned fitness company in the U.S., understands the value of a healthy workforce. That's why we're bringing our proven fitness approach directly to corporations.

Whether you are looking to build and staff an onsite fitness center for your employees or simply provide easy, affordable access to our more than 420 clubs nationwide, 24 Hour Fitness can meet your fitness needs.



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PARTNER WITH 24 HOUR FITNESS

Your Corporate Wellness Solution—
Onsite and Offsite



INVESTING IN YOUR EMPLOYEES

Corporate wellness programs are an investment in a company's most valuable asset—their employees. A well-rounded program pays back significant returns for both the employer and employee.

Wellness Programs Help Employees

- Manage or lose weight
- Reduce stress
- Improve strength and endurance
- Increase self-confidence
- Sleep better

Wellness Programs Help Employers

- Elevate employee morale
- Recruit and retain employees
- Increase productivity
- Reduce absenteeism
- Decrease work-related injuries
- Lower employee medical expenses

ONSITE FITNESS MANAGEMENT

24 Hour Fitness Can Offer

- Experienced staff and management
- Design and development
- Equipment procurement
- Fitness orientations and assessments
- Personal Training
- Group Exercise classes
- Fitness and weight loss challenges
- Apex nutritional products and bodybugg® calorie management system
- Online health management programs

Easy Access

- One integrated fitness solution—onsite and off
- Onsite fitness center management
- Offsite to more than 420 clubs nationwide

Support

- Marketing materials and communications support
- Onsite presence at your corporate health fairs and enrollment events
- Dedicated Client Service Manager
- Detailed employee usage and enrollment reports

OUR NATIONAL NETWORK OF CLUBS

Our convenient club locations, customizable personal training services, innovative group exercise classes and range of equipment make 24 Hour Fitness the fitness club of choice for nearly four million members nationwide.

When it comes to a fitness regimen often location is everything which

- Encourages employees to incorporate fitness into their daily routine
- Provides easy, affordable access to our fitness clubs nationwide
- Helps employees maintain a healthy lifestyle

To find out more about how 24 Hour Fitness can be your on and offsite fitness partner, contact:

Corporate Wellness Solutions

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