



Better Workouts, Better Results

How we provide support and value to your employees.

- ✓ Free \$100 fitness assessment
- ✓ Personal training – 1:1 or group
- ✓ Free instruction and workout plan
- ✓ Comfortable, friendly environment
- ✓ Online workout plans and tutorials
- ✓ Online nutrition and meal planning
- ✓ Fitness Challenges for prizes and motivation
- ✓ State-of-the-art training equipment
- ✓ Money-saving local and national merchant discounts
- ✓ 30-day money-back guarantee

Fairview, PA

814.474.1144

Edinboro, PA

814.273.1100

W. 38th, Erie, PA

814.883.7333

Girard, PA

814.774.0000

North East, PA

814.725.2000

Conneaut, OH

440.599.9951

**We're your local
neighborhood fitness center.**

Think of Us as Your Company Gym – without the overhead.

Happy, healthy, productive employees –
at no cost to you!

Our “Be Well” program is a simple, practical solution to high health care costs. We’re a good fit for your employee wellness program.

① When employees exercise, you win.

- Reduced health care costs
- Improved productivity
- Fewer sick days

② We make exercise easier for them.

- Discounted rate for employees and families
- 1,000+ locations – nearby and worldwide
- Open 24/7 – for optimum convenience
- Results-focused support services (see sidebar at left)

③ We make this program easy for you too.

- Turnkey, ready-to-use communications
- Monthly employee usage reports – for rewards and/or dues reimbursement
- High-value, popular benefit employees will appreciate

Your employees will feel comfortable in our clubs – they’re clean, comfortable and not intimidating. Help employees get fit, feel great – and be well. **Let's start today!**

Robert Miller

