



CROSSFIT AESTHETICS

Corporate Wellness Programs

Learn how one of our Corporate Wellness Programs can help improve your employees' health and ultimately your bottom line.

Why Implement a Corporate Wellness Program?

- Healthier employees cost your company less by virtue of fewer sick days, lower absenteeism and reduced healthcare costs. According to the *American Journal of Health Promotion* physically active employees are \$391 less expensive than inactive workers each year.
- Exercise can decrease employee stress levels, and improve mental concentration and alertness, which leads to increased productivity.
- Exercise can also improve employee reaction times, memory and decision-making abilities.
- Offering a corporate wellness program can also boost morale, increase employee retention and attract new employees.

Why Choose CrossFit Aesthetics?

Hassle Free: Our dedicated team will design, implement and manage your program, so you can focus on your business.

Dedicated Coaches: Our Coaches will guide your employees through movements safely and cheer them on to completion.

State-of-the-art Facility: Our facility is over 7,000ft² and has top of the line equipment to provide your employees with an exemplary experience.

Varied Program: Our workouts are different every day, which makes them fun and so it's more likely your employees will stick with it.

Something for everyone: Our workouts are scalable to meet the needs of an avid athlete and someone who just recovered from injury.

Our Programs

CrossFit Aesthetics offers a variety of programs designed to fit businesses large and small. Choose a program from below or work with us to design a custom program.

- **30-Day Fitness Challenge:** We create a point system that incentivizes your employees to improve their overall health and fitness. Employees attend classes at our facility and receive nutrition coaching and bi-weekly fitness assessments. Pricing based on program enrollment.
- **Lunchtime Fitness:** We'll provide your employees with private classes during their lunch hour. Pricing based on class attendance limit and number of classes per week.
- **Total Wellness Program:** Purchase employee memberships at a special group rate. Pricing based on program enrollment.
- **Discount Wellness Program:** Subsidize a portion of your employees' monthly membership fees. Pricing based on program enrollment.
- **Corporate Discount Plan:** We provide your employees with discounted pricing at no cost to you.

Get Started

- **Step 1: Contact Us**
Call or email us to set up a consultation. During your consultation we'll discuss your goals and which programs best fit your needs.
- **Step 2: Review**
After your consultation we'll send you a program proposal, which will include program, pricing and scheduling details. Review your proposal and register.
- **Step 3: Promote**
Promote the program to your employees

Contact Us:

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