



CORPORATE MEMBERSHIPS

Partner with Blue Bicycle Health & Fitness to establish an affordable wellness program. Providing your employees with a place to exercise can reduce health care costs, increase productivity, reduce absenteeism and improve employee job satisfaction.

- *Healthier employees have a positive impact on a company's bottom line...They have lower health care costs and turnover rates, improved productivity, better morale, fewer medical claims, reduced absenteeism, etc. The result is a win/win situation for individual health and company gain.*
-The Economic Benefits of Regular Exercise (IHRSA, 1999)

Blue Bicycle Health & Fitness Corporate Membership Plans make it easy to get started at no cost to your company, although we do encourage businesses to subsidize memberships for the employees participating. We offer:

- Discounted enrollment fees.
- Reduced monthly dues when the number of employees exceeds 10 with further reductions when the number of employees exceeds 20.

Monthly Dues	Bronze <i>Access to facilities & equipment</i>	Silver <i>Bronze access + unlimited Group Exercise classes</i>	Gold <i>Silver access + nutrition coaching or small group training</i>
<i>Regular Price</i>	\$19.99 + tax	\$29.99 + tax	\$49.99 + tax
10-19 employees	\$14.99 + tax	\$24.99 + tax	\$39.99 + tax
20+ employees	\$10 + tax	\$20 + tax	\$30 + tax

- Corporate membership packages can be structured for businesses of any size. Quarterly and Annual membership discounts are also available.

Wellness Solutions for All Employees

- Educational lunch and learn seminars
- Organized fitness walks
- Company fitness challenges
- Facilities for company practices and tryouts for Kansas City Corporate Challenge
- Group or personal nutrition coaching

For more information, contact Jan Schmidt at janet.schmidt27@gmail.com. Jan has extensive current and prior involvement in corporate wellness and looks forward to helping you develop a program that will keep your employees healthy and motivated!

Blue Bicycle Health & Fitness
11128 Holmes, Kansas City, MO 64131
bluebikefitness.com