



DON MIGUEL FITNESS

Corporate *ADVANTAGE* Fitness & Wellness Services

Fitness Center Management

The experienced team of Don Miguel Fitness has all the resources necessary to professionally manage your fitness center.

We relieve your staff of the time-consuming task of running a fitness center for your organization. We take charge and provide you with the expertise you need to have a full service fitness program right in your building. We guarantee to run your fitness center smoothly and respond to all of the needs of your employees - no matter what their level.

The program and the facility will be designed to include all of the essential components required to meet your organization's needs. A comprehensive survey, coordinated with your Human Resources staff, will help us determine all aspects of the offering, right down to the equipment provided to the scheduling of exercise classes and other fitness and wellness programming. Tailored services (see below) are available as well.

Fitness and Wellness Consulting

Don Miguel Fitness is a provider of results-oriented and goal-focused fitness and wellness. We help your organization create a comprehensive health and wellness agenda while addressing your organization's long-term high cost issues.

We produce and coordinate programs that increase productivity and decrease absenteeism and workplace healthcare costs. All information gathered on your organization and employees is 100% confidential.

Tailored Services

We offer front desk staffing, fitness assessments, on-site personal training, equipment orientation, group exercise classes, stretch therapy, alternative health resources and massage, nutritional counseling, and fitness and wellness programming.

We also coordinate health and wellness events, educational seminars, health screenings, and promotions designed to increase participation rates. Our team has the experience to make your current health or wellness offering more comprehensive.

Superior Facility Design

Building a fitness center requires a significant commitment of capital and time. The experts at Don Miguel Fitness ensure that you get it right, whether you are building a new center or redesigning your current one. We will work with your architects, interior designers, contractors, and other consultants to create a first-class facility.

Don Miguel Fitness takes you from the first day of planning to the grand opening in your organization's quest to build a practical, comfortable, and functional fitness center, on time and within budget. Furthermore, Don Miguel Fitness has established relationships with many top fitness equipment vendors and automatically passes those savings on to your company.

Includes:

- Feasibility studies
- A demographic analysis and needs assessment
- Facility fit-out
- Equipment procurement
- Vendor selection
- Budget development and administration
- Project management
- Pre-opening coordination

Corporate Fitness Rates

Health seminars and workshops

Seminar fee: \$15-25 per seminar

Monthly maintenance program

Don Miguel Fitness offers primarily lunchtime group workouts (2-3 days per week) with an online exercise program geared to your employees' home, office, or apartment to ensure consistent results in and out of the gym.

Membership fee: \$125 per month

On-site fitness & wellness services

Don Miguel Fitness offers on-site fitness services including massage, stretch therapy, group exercise classes, and individual personal training for your members.

45 min fitness training: \$55 per session

30 min fitness training: \$35 per session

60 min massage: \$60 per session

30 min massage: 35 per session

45 min stretch therapy: \$45 per session

30 min stretch therapy: \$35 per session

20 min stretch therapy: \$20 per session

Employee newsletter: Each week, we publish a newsletter filled with fitness tips, recipes, employee or group of the month, and information to support the health of your employees.