

Route 250 Health & Performance Corporate Rate

The Route 250 Corporate Rate Program is designed to provide an employer a low cost membership package for their employees that includes more than our traditional membership package. This is to encourage participation among employees by exposing them to the variety of classes and services we offer. It also includes a starting point session with our Director to discuss goals to find out the best services we can offer to the individual. Finally we will monitor progress using our inbody scan to better track results and to give the employee feedback on where they can improve. We've included all of this at our base rate of \$39. Our goal is to have this paid for by the employer however, we understand that each employer is different in regards to their budget for employee benefits.

What's included:

- Starting Point Session with the Director of Training (\$60 value)
- 4 strength training classes per month with one of our Certified Personal Trainers (\$40 value)
- Quarterly Inbody Scan to track progress (\$100 value)
- Full gym access
- Unlimited virtual classes
- Childcare

For those employees who want a little more than what the above membership includes we will also be offering upgraded services that can be paid for by the employee at the gym. This is in addition to the \$39 stated above but gives employees the chance to take more classes, or work more closely with a trainer. We would charge the employee in house for the services listed below. There is no contract or commitment on the employees part so they could drop the services if they deem necessary.

- Upgrade to Full Signature Membership (includes unlimited classes) - \$55 (regular \$109)
- Upgrade to 1x week Small Group Personal Training - \$80 (regular \$139)
- Upgrade to 3x week Small Group Personal Training - \$136 (regular \$209)

In addition to what's listed above we're also available to host quarterly challenges, lunch & learns, provide nutritional guidance, and anything else your organization and employees might find valuable. We would love the opportunity to provide you with the health and wellness needs of your employees. If I can answer any questions please don't hesitate to reach out to me.

In health,
Brian Preston
Route 250 Health & Performance
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5 or more enrolled employees needed to be eligible