

Workplace Wellness improves your bottom line!!!

More companies than ever are implementing health & wellness strategies to **reduce injuries, health care costs and long-term disability.**

Preventable illness makes up approximately 80% of the burden of illnesses and 90% of all health care costs. Employers are beginning to realize they can take advantage of this statistic and work to provide services to decrease the occurrence of those preventable illness with **simple Workplace Wellness Programs.**

There is increasing evidence to support implementation of programs in all types of **companies and businesses, big or small.** Employers who offer these programs have **reduced sick leave, improved work performance, decreased health insurance costs, increased productivity and reduced overall costs.**

With Harmony Zone Fitness, you can implement a fun & simple workplace wellness programs within your company for your employees with **no out of pocket costs!**

Harmony Zone Fitness, LLC
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Oregon, WI 53575

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Workplace Wellness

Harmony Zone Fitness, LLC



- **Reduce absenteeism**
- **Raise productivity**
- **Reduce use of health care benefits**
- **Increase morale and loyalty**

Harmony ZONE **FITNESS**
Fitness in *Harmony* with your busy life

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Choose the Workplace Wellness Program that's best for YOUR EMPLOYEES!

Your place or ours?

Set up a class for your employees at your location in a conference room or empty space...or at not extra charge, reserve one of our class floors exclusively for your employees

Program Details:

Program length?

We offer programs for 4, 6 or 8 weeks in length. Other options may be available by request.

Class length?

Classes are either 45 or 60 minutes in length to accommodate your schedule. Arrangements can be made for 2 back to back 30 minute classes as well to work with lunch shifts.

Days & Times?

Classes can be one to five days per week and are offered before work, lunchtime or after work.

Minimums & maximums?

We ask for minimum of 6 participants per class or program. Maximum is dependent on your space.

What's Available?

- Running Group with Running Coach
- Walking Group with Certified Trainer
- Complete Wellness Package
- On-Site Classes
- Classes Hosted at Our Facility

Classes Offered? (we provide equipment)

- Yoga
- Pilates
- Resistance Band Workout
- Barbell Pump
- Stability Ball Blast

Workplace Wellness Makes for Happy Employees!!

After our lunch hour pilates/yoga classes I go back to my office feeling less stressed, re-energized and feeling great that I took the time to do something good for myself. It's fun to watch our class size grow as people hear what a great opportunity these classes are to get a workout in the middle of the day. Thanks HZF for making it easy to make wellness a part of our worklife!

*Diane Loram
xxxxxxx, The Alliance*

Fees?

All fees can be paid to HZF directly by employees, or you can choose to offset the costs for them.

Classes

1 class per week = \$6 per class per person
2 classes per week = \$5 per class per person
3 or more per week = \$4 per class per person

Wellness Package = \$99 per person
Must be 8 weeks in length and includes
Complete Fitness Assessment
+ Nutrition Journaling (journals provided)
+ 2 Classes/week

Class times are limited and some spots have already been booked. Call or email us TODAY with questions or to reserve a spot for your business!!



Gretta Clapp & Rebecca Higgins, Co-Owners

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