

WAUKEGAN PARK DISTRICT



The Field House Sports and Fitness Center offers a WorkFit Corporate Discount Program with many options to suit the needs of your employees which include fitness center membership and a variety of healthy programs and services. WorkFit will enable your employees to improve their health and well-being, in addition to enhancing their productivity on the job.

Did you know?

- U.S healthcare costs doubled from 1990 to 2001 and are projected to double again by 2012. (Source: *Partnerships for prevention*; www.prevent.org)
- Four of the ten most costly health conditions affecting employers are related to heart disease and stroke. Employees with heart disease and heart disease risk factors cost employers thousands of dollars more than healthy employees each year through higher insurance. This problem can often be improved with regular physical activity. (Source: *Goetzel, Journal of Occupational and Environmental Medicine 1998*)

Employer Advantages of a WorkFit Program:

- Reduced healthcare costs and medical and workers comp. claims
- Increased job satisfaction
- Decreased absenteeism
- Employees with higher energy levels
- Increased employee morale.
- Higher productivity
- Improved co-worker relations
- A perk that will improve employee recruiting and retention
- Attract healthier applicants as this is a valued benefit

What we offer:

- The Fitness Center boasts a state of the art, 14,000 square foot facility, with scenic views of Hinkston Park and two levels of equipment which consist of:
 - 48 Technogym ellipticals, treadmills, and stationary bikes with built in TV screens
 - Stair climbers, step mills, and rowing machines
 - 2 TRUE Stretch trainers
 - 19 Hammer Strength plate loaded machines
 - 17 Technogym selectorized strength equipment
 - Free weight area with benches, squat racks and hand weights
- Membership features include:
 - Free Group Fitness classes
 - Shower towel service
 - Members only locker rooms
 - New sauna and steam room
 - Member Appreciation programs
 - Free Health Seminars
 - Access to open gym and open climb
 - 1/7 mile walking/running track
 - Free gym pass and wall climbing for your child (13 years or younger)
 - Additional Member Services- Personal Training

- Program offerings
 - FREE Pilates, Yoga, Spin, Butt and Gut, Six Pack Abs, Kickboxing and more!
 - Specialized Fitness Classes including Zumba and Boot Camp
 - Learn to Climb classes
 - Basketball and Volleyball Leagues

Additional WorkFit Benefits

- Substantial savings annually
- 10% discount on meeting room and gym court rentals for company functions
- Team building training packages
- Potential for work site fitness programs & lunch and learns
- Employer can be provided (upon request):
 - Monthly membership lists
 - Monthly usage reports including date and time employee visits the fitness center

We provide valued benefits our competitors don't!

- Great location; Get fit less than 2.5 miles from downtown Waukegan!
- Train on the same Hammer Strength line as Chicago Bears; Technogym cardio and selectorized strength equipment found at Olympic Village training facilities
- Tons of equipment; no waiting in lines
- Country club atmosphere at a community club price
- Friendly and knowledgeable staff
- Impeccably clean facility
- Secured members only locker rooms and fitness center access
- Great variety of programs and services
- Picturesque views of Hinkston Park
- Branch of the Waukegan Public Library for added convenience

WorkFit Membership Options:

The Field House Sports and Fitness Center offers a Corporate Discount Program for Waukegan and local area businesses in which prices are discounted based on the number of enrolled employees. Spouses and dependents of the employee may join as a Plus One or full time Student Rate. *(All members must be 14 years or older)*

Work Fit Membership:

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|---------------------------|-------------|------------------|
| <i>Rates starting at.</i> | Individual: | \$40 R / \$46 NR |
| | Plus One: | \$27 R / \$36 NR |
| | Student: | \$25 R / \$29 NR |

For pricing options, please call Dayna Niemi, Membership Supervisor at 847-782-3625

