



# Fitness Center Management

A comprehensive solution designed to engage employees

Optum manages all aspects of workplace fitness centers and wellness spaces. We focus on delivering professional service and integrated programming to drive engagement.

### Professional staffing

Our staff members manage all aspects of fitness center operations to ensure a clean, safe and friendly environment, while delivering personalized programming to keep employees coming back.

### Fitness center administration

Designed to streamline the administration process, our platform manages enrollment, payment, class sign-up, wellness challenges and surveys, and can be tailored to your brand.

### Programming for every fitness level

We believe everyone should have access to personalized wellness programming and professional guidance. When your employees join the fitness center our staff create personalized plans to meet their specific goals and monitor their progress to maximize results.

## A healthy workplace yields results

Embedded wellness expertise builds foundational trust and sustained engagement



Fitness Center Management



Whole program for the whole person with on-site and virtual fitness programming for a connected experience

**61%**  
increased  
employee  
**retention**

**58%**  
improved  
**retention**

**56%**  
gain in  
**productivity**

# A whole body, whole person approach to employee well-being delivered through innovative programming



Group Fitness Classes



Functional Movement Screening



Personal Training



Recreation Leagues



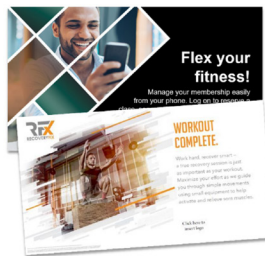
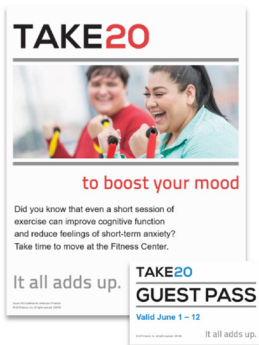
Wellness Referrals

## Innovative programming

- Group fitness classes designed by experts and tailored to the population's needs and interest
- Functional movement screens to address musculoskeletal issues
- Personal training designed to help employees stay on track through individualized coaching, discounted training packages and virtual training
- Recreation leagues, event and outing management designed to help employees re-engage in their workplace community
- Referrals to all available wellness offerings

## Multi-channel targeted communications

We learn your culture and design targeted promotions to drive engagement in the fitness center, including annual activity calendars, messaging and targeted promotions.



## We focus on what employees want and deliver results

**97%**

average member satisfaction

**88%**

more visits with personalized programming

**30%**

engagement with group fitness and personal training

**2x**

increase in average visits with personal training memberships

## Ready for a balanced approach to workplace well-being?

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