

Bringing wellness and well-being to workplaces everywhere



At Optum, we're inspired to bring well-being to life within workplaces. Our on-site fitness centers are the heart of physical activity and social interaction for every employee, serving as a vibrant hub of in-person engagement and virtual support through a fitness and wellness app.



89%

Client satisfaction
year-over-year

Based on Optum BOB 2023

Our fitness center management approach focuses on engaging employees and building a healthy workplace



Professional staffing

Our team delivers exceptional service, and is committed to building engagement and supporting goals



Technology

An all-inclusive app for member management, on-demand fitness classes, wellness resources and gym network access



Personalized guidance

Customized fitness plans designed to meet personal goals



Engaging activities

Group fitness, personal training, recovery, recreation leagues and more



Tailored outreach

Engagement campaigns designed to reflect company brand, values and health goals



Trustworthiness

98% of our clients stay with us year after year

Fitness Center Management

Workplace fitness center management is our specialty.

We manage all aspects of fitness centers, from operations to staffing to programming. We're passionate about delivering professional service, engaging programming and integrated technology to keep members happy, active and committed to coming back.

And we make transitioning vendor management simple too.



Address critical decisions and issue process



Hire account manager and fitness center staff



Launch technology platform and marketing engagement process

Proven results

A financial services company transitioning management of their fitness centers requested to build engagement across all their locations, with emphasis on adding more group fitness classes and additional personal training hours.

Our fitness center management team **transitioned 11 fitness centers across seven states**, streamlined staff management and operations and launched a new enrollment platform to simplify membership management.

During the transition, the staff built engagement across all locations with positive results:

94% staff retention

11% decrease in operating costs

125 additional hours of group fitness and personal training



Ready to elevate your workplace well-being?

[Schedule a discovery call.](#)

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