



WORKPLACE WELLNESS PROGRAM




Let us help develop or enhance your work site wellness program! We can customize a low-cost plan that would work for a company of two to 2,000 employees. Make an appointment today to learn about our offerings and tour our facility, or we can come directly to your office, staff meeting, or wellness/safety fair.

Email: marlus.francis@tukwilawa.gov



Five Reasons Employee Wellness is Worth the Investment

1. Healthy, active employees incur lower health costs.
2. Employees who take advantage of wellness are more productive.
3. Physically active employees are healthier.
4. Wellness programs inspire important behavior changes.
5. Small business owners may be able to take advantage of tax incentives for workplace wellness programs.

INCLUDED WITH FITNESS PASSES *See page 4*

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LUNCHTIME YOGA		12:05–12:55pm Dance Studio		12:05–12:55pm Dance Studio		
 GROUP POWER	12:00–1:00pm Gym	5:30–6:30pm Gym	12:00–1:00pm Gym	5:30–6:30pm Gym	12:00–1:00pm Gym	8:15–9:15am Gym
NEW POP PILATES				7:10–7:55pm Banquet Hall		
 GROUP CENTERGY	6:30–7:30pm Dance Studio		6:30–7:30pm Dance Studio			9:30–10:30am Dance Studio
 RIZMIC ALL AMERICAN DANCE FITNESS		7:15–8:15pm Dance Studio		7:15–8:15pm Dance Studio		

JAZZERCISE *\$5 / class for pass holders*

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
STRENGTH 		7:05–7:50pm Banquet Hall				
DANCE MIXX 		6:05–7:05pm Banquet Hall	6:05–7:05pm Banquet Hall	6:05–7:05pm Banquet Hall		

Schedule subject to change. Check the website for most current information.