

Employee Wellness

Our Employee Wellness Program is designed to make it easy for employees to be a part of the Newport Athletic Club and begin their individualized health & wellness program.

This program offers no cost to the host company and is employee funded.

Includes:

- FREE 2 week trial membership
- Payroll deduction of membership dues
- Monthly distribution of Employee Wellness Newsletter
- Inter-company challenges at NAC
- Semi-annual "Health Fairs" held at host company to promote health & wellness lifestyle
- **4% discount on dues with minimum number of enrolled employees**
Weekly - Individual / Couple / Family
\$13.50 / \$22.60 / \$31.65

Corporate Wellness

Our Corporate Wellness Program provides the host company the opportunity to participate in the health & wellness of their employees.

This program allows the employee and the host company to share in the funding of the program.

Includes:

- FREE 2 week trial membership
- 30 minute FREE Personal Training Session per Enrollee
- Payroll deduction of membership dues
- A pre-determined % of dues are paid for by the host company OR entire membership is paid for by the host company
- Monthly distribution of Employee Wellness Newsletter
- Inter-company challenges at NAC
- Semi-annual company "open house" social at NAC to promote team building
- Semi-annual "Health Fairs" held at host company to promote health & wellness lifestyle
- Semi-annual chiropractic care visits at host company from Dr. Jeff Falcon
- Semi-annual blood pressure screenings performed on site
- Semi-annual visits by licensed massage therapists to perform complimentary chair massages
- **8% discount on dues with minimum number of enrolled employees**
Weekly - Individual / Couple / Family
\$12.95 / \$21.65 / \$30.35

Together We Succeed Wellness

Together We Succeed is a program developed to get the most out of our club, your investment, and reward your employees. This is a true team approach between all of us.

This choice offers the most flexibility for the employees and the host company.

Includes:

- FREE 2 week trial membership
- 30 minute FREE Personal Training Session per Enrollee
- Payroll deduction of membership dues
- A pre-determined % of dues are paid for by the host company OR entire membership is paid for by the host company
- Monthly distribution of Employee Wellness Newsletter
- Inter-company challenges at NAC
- Semi-annual company "open house" social at NAC to promote team building
- Semi-annual "Health Fairs" held at host company to promote health & wellness lifestyle
- Semi-annual chiropractic care visits at host company from Dr. Jeff Falcon
- Semi-annual blood pressure screenings performed on site at health fairs
- Semi-annual visits by licensed massage therapists to perform complimentary chair massages
- Quarterly body fat analysis session at NAC
- Incentive based challenges hosted by company and NAC
- Members of "Together We Succeed" programs have monthly group session for progress and goal setting.
- **12% discount on dues with minimum number of enrolled employees**
Weekly - Individual / Couple / Family
\$12.40 / \$20.70 / \$29.00

Choose Health & Wellness

Our "Choose Health & Wellness" menu is available to any of our programs as add ons. In addition, if you have specific needs that are not shown, please contact our Community Wellness Director and we will customize a program for your company. Cost of each is based upon the number of enrollees

- Nutrition Classes
- Healthy Cooking Classes
- Smoking Cessation
- "Take It Off" Weight Loss Program
- Personal Training
- Success Coaching
- Acupuncture
- Chiropractic Care
- Massage
- Spray Tanning
- A Year of Health & Wellness FREE of Charge