

Step Up To Wellness

McMinnville Parks and Recreation Corporate Employee Wellness Program

McMinnville Parks and Recreation is committed to providing and offering a wide variety of wellness resources to the employees of local businesses and corporations. The McMinnville Parks and Recreation Department supports and encourages employers to educate their employees on healthy lifestyle habits.

Wellness Center Amenities

True Treadmills™
Elliptical Trainers
Life Fitness Stepper™
Recumbent Bicycles
Stationary Bicycles
Cybex Strength Machines™
Free Weights
Olympic Weight Benches
Showers and Locker Rooms

Wellness Center Services

Fitness Programs
Free Blood Pressure Checks
Free Body Fat Testing
Educational Classes
Aerobics Classes
Recreational Activities
Basketball Courts
Tennis Courts
Racquetball Courts
Sports Leagues
Outdoor Walking Trail
Trained Wellness Staff
Personal Training

Almost 50% of your after-tax profits are consumed by healthcare costs. The Step Up To Wellness Corporate Wellness program offers your company a way to promote employee health and lower healthcare costs. We offer a complete range of wellness programs and services customized to fit your needs. For more details please look at our list of amenities and services.

Consider these facts:

- People who are 20% overweight or more make 48% more claims in excess of \$5000 than those who are not.
- 70% of injuries and illnesses—and their related costs—can be prevented by improving lifestyle behavior.
- About 20% of your plan participants typically account for as much as 80% of medical claims costs.

Benefits of Employee Wellness Programs

Decrease turnover
Increase productivity
Decrease absenteeism
Improve morale

Facility Hours

Monday-Thursday 8:00 a.m. to 8:00 p.m.
Friday 8:00 a.m. to 12:00 noon
Saturday 10:00 to 4:00 p.m.

Please call for corporate membership information

McMinnville Parks and Recreation
500 Garfield Street
McMinnville, TN 37110
Phone: 931-473-1212 Fax 931-473-1214
www.mcminnvilletenn.com

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Option 1

Less than 10 participants

\$30 per participant (per month)

Option 2

10 or more participants

\$20 per participant (per month)

- ◆ The corporation or business entity will sign an agreement (contract) with McMinnville Parks and Recreation that outlines terms and conditions of the agreement.
- ◆ The corporation or business entity will provide a list of all their employees who are participating in the program to the McMinnville Civic Center Main Office. The corporation will be responsible for notifying McMinnville Parks and Recreation of any changes.
- ◆ A record will be provided to the corporation or business entity at the end of each month with the total number of visits by each participant.
- ◆ Each participant will be required to have a picture identification card made. Original cards will be made at no charge. Participants will be required to show their identification cards for admissions to the facility. Replacement fees for cards will apply.
- ◆ Aerobics classes and other activities (such as leagues and tournaments) require additional fees and are not included in the monthly membership.
- ◆ The corporation or business entity will be responsible for paying monthly invoiced amounts to the City of McMinnville Parks and Recreation Department.
- ◆ Any portion of the monthly fee that the corporation or business entity does not subsidize is the responsibility of the corporation or business entity to collect.

***Facility hours may change if needed to better serve the public.
McMinnville Parks and Recreation reserves the right to close for special events, recreation programs, holidays and maintenance needs.***