

Fitness Center Management

HealthSource Solutions has been providing fitness center management services for corporations and property management clients since 1991. The success of our fitness centers is based on the quality of our staff, robust value-add offerings, flexibility to meet client needs, the individual relationships we foster, collaboration with other company initiatives, our extensive outreach beyond the fitness center and the high-touch customer service we deliver. Our staff ensure the center is alive with activity and serves as a valuable hub for company-wide health improvement initiatives. Our innovative programs and classes allow us to build strong relationships with employees and foster commitment to healthy living.

OUR STAFF

We know that to keep utilization high, increase membership and support employee wellbeing, it starts with a motivating and approachable team. HealthSource Solutions' staff act with integrity, implement best practices, build meaningful relationships, collaborate to maximize opportunities, deliver exceptional service and lead with purpose and passion.

In addition, our staff meet the following requirements:

- 4-year degree in Exercise Science, Kinesiology or a related field
- Qualified group exercise instructor
- Certified in CPR and AED

CENTER OPERATIONS

Our staff follow daily and monthly checklists to ensure your center is a safe and comfortable place to be active. All center operations are customizable and will include:

- Daily operations, policies, and procedures
- Center and equipment cleanliness
- Preventive maintenance and repair
- Safety and risk management
- Monthly, quarterly and annual reporting
- Customer satisfaction and interest surveys

PROGRAMS & SERVICES

HealthSource Solutions' staff offer a variety of resources, programs and services to increase center utilization and support employee wellbeing year-round, including:

- Membership recruitment and retention
- Member consultations, assessments and personalized exercise plans
- Newsletters, posters, bulletin boards and handouts.
- Group coaching and training programs
- Team and individual challenges
- Special events and activities
- Group exercise classes

OUTREACH

A mainstay of our Fitness Center Management philosophy is that we reach the entire employee population, not just those that use the fitness center. Outreach has direct effect on sustainability. We build awareness and support through networking, relationship building and instilling trust with individuals, departments and the leadership. Our outreach is customized to each company's unique culture and needs and may include:

- Promotional presentations
- Wellbeing seminars and Lunch-n-Learns
- Special events: 5ks, health fairs, farmers markets, shoe fittings, blood pressure checks.
- Stretching and activity breaks



HealthSource
Solutions



“We love our HealthSource Solution wellness staff! They have become an integral part of the success of our on-site wellness facilities and programming. Our employees love coming down to the gym to take their great group fitness classes, get one-on-one coaching as well as to see their smiling faces everyday!”

— Lisa R.
Wellness Coordinator

Fitness Center Consulting and Design

From start to finish, **HealthSource Solutions** will guide you through designing and managing your fitness center. Our consultants collaborate with your architects, equipment vendors and facility management to create a functional design for your center.

Facility design and planning

- Fitness center layout
- Electrical layout
- Locker room set-up and amenities
- Group fitness studio (size, flooring, mirrors, AV)
- Storage space (layout and size)
- Ventilation, lighting and flooring options
- Multipurpose rooms (massage, fitness testing, office space)

Equipment purchase and layout

- Equipment layout — cardio, strength and group fitness equipment
- Obtain quotes and provide recommendations
- Identify audiovisual needs

Operations

- Establish membership process and procedures (application, medical release, informed consent, payment)
- Create a safety and security plan
- Establish service contracts (equipment, towels, water)
- Prepare membership recruitment plan
- Establish tracking and reporting templates and processes



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