



Getting Started is Easy

For more information about 24 Hour Fitness and to learn about how your company can benefit from a Corporate Fitness program contact:

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CORPORATE FITNESS PROGRAM

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Fitness Can Change Lives

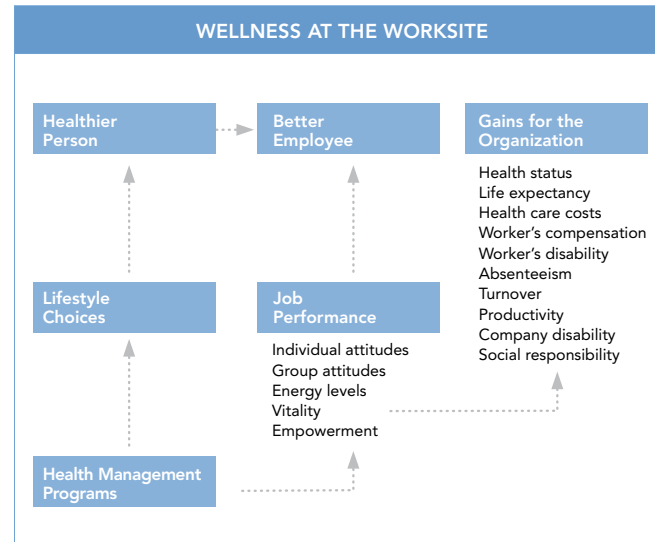
The goal of our Corporate Fitness program is to empower companies to provide their employees with access to the fitness resources and information that will encourage and support a healthy lifestyle. Headquartered in San Ramon, California, 24 Hour Fitness is the largest U.S. fitness chain and a leading health club industry pioneer, serving nearly four million members in more than 400 clubs. Founded in 1983 as a one-club operation, the company is dedicated to helping members change their lives and reach their individual fitness goals. With convenient club locations, customizable personal training services, innovative group exercise classes, and a variety of strength, cardio, and functional training equipment, 24 Hour Fitness offers fitness solutions for everyone.

Invest in Your Employees

Our corporate programs are an investment in a company's most valuable asset: its employees. In addition to helping employees, these programs benefit employers. Properly designed programs can increase productivity and enhance the bottom line. In fact, employee morale measurably improves in companies that offer fitness programs.

Our program can help:

- > Reduce absenteeism
- > Lower employee benefit expenses
- > Decrease work-related injuries
- > Improve employee morale and retention
- > Educate employees about the benefits of an active lifestyle



Source: 1981, 1995 D.W. Edington Univ. of Michigan, Health Management Research Center

Benefits of a Corporate Fitness Program

Our Corporate Fitness program is designed to make it easy for employees to embrace and achieve fitness on their terms.

OUR PROGRAM OFFERS	
EASY TO JOIN	<ul style="list-style-type: none"> > Easy access for your employees to get started on a fitness program > Affordable enrollment fees for employees and their family members > Website designed for your company to start the enrollment process
DEDICATED ACCOUNT SUPPORT	<ul style="list-style-type: none"> > Dedicated Client Service Manager (CSM) to assist in program roll-out and serve as a single point of contact for your company
ENROLLMENT AND USAGE REPORTS	<ul style="list-style-type: none"> > Detailed reports showing employee enrollment and usage are available
FITNESS EDUCATION	<ul style="list-style-type: none"> > Fitness seminars and our corporate electronic newsletter serve as sources of information and education on fitness, nutrition, and living a healthy lifestyle
MARKETING SUPPORT	<ul style="list-style-type: none"> > Marketing materials > Onsite presence at your corporate health fairs and enrollment events to educate, encourage, and foster enrollment
FITNESS SOLUTIONS	<ul style="list-style-type: none"> > Personal Training packages > Dynamic onsite group exercise classes to help energize and engage your employees while at work > Apex line of nutritional products and bodybugg® calorie management system to provide structured fitness solutions that complement your employees' fitness program