

LEC Fitness, LLC

Prepaid Employer Wellness Program

LEC Fitness, LLC is excited to offer this new program to our Corporate Clients! For a single monthly fee per enrolled employee, you will receive the following wellness services:

- An initial Fitness Assessment for each enrolled employee
- A monthly personalized workout specifically prepared for the individual employee's specific needs and physical condition
- A monthly Wellness Newsletter on topics of health, fitness, and exercise

All this for one low monthly fee! There are never any membership fees, fee-for-service charges, or hidden costs under this program.

An employer wanting more for their employees is welcomed to take advantage of some of our other "ala-carte" wellness services on a fee-per-service basis. These additional services may include any of the following:

- Personal Training Services (Individual, Partner, or Small Group)
- Programming Consultations
- Lunch and Learn Seminars
- Express and Executive Training Sessions
- Fitness Center Management and Staffing
- Fitness Center Planning and Design Consulting

Our owner is a veteran Wellness professional and Certified Personal Trainer. He has over 15 years experience working with employers of all sizes – no company is too large, or too small to take advantage of our services!

For more information, please visit our website at: www.lecfitness.com, or contact us at: lecfitness@yahoo.com.