THE VIDA DIFFERENCE

At most health clubs, a corporate partnership is nothing more than a discounted gym membership. At VIDA, we offer customized Corporate Wellness Plans that include 4 key components:

ASSESSMENTS
surveys, questionnaires, employee demographics, health screenings

TARGETED SOLUTIONS
on-site classes, weight loss challenges, nutritional counseling

ACCOUNTABILITY AND ENGAGEMENT
VIDA incorporates MYZONE heart rate monitors to track progress and engage members. MYZONE can be used for corporate challenges to create a sense of community within a company or organization. MYZONE can also be used individually for understanding and analyzing the levels of effort.

FOLLOW-UP
visit frequency, goal setting with results tracking, re-assessments and measuring the impact on employee productivity, insurance claims, etc.

There are several advantages to offering a plan that includes assessments, targeted solutions, and follow-up at both an individual and an organizational level:

PERSONAL ASSESSMENTS SERVE AS A CALL TO ACTION AND IMPROVE PARTICIPATION. Screenings and educational activities make employees acutely aware of their own personal health behaviors/risks and identify employees who need the most help. This raised awareness helps engage individuals who might not otherwise participate.

ORGANIZATIONAL ASSESSMENTS IDENTIFY AND PRIORITIZE SPECIFIC RISKS AND ISSUES FACING AN ORGANIZATION’S ENTIRE WORKFORCE. Armed with this information, VIDA can tailor our proposal to meet a company’s greatest needs.

OFFERING COMPANY-SPECIFIC PROGRAMS AND SERVICES helps organizations build a culture of wellness, which strengthens participation and improves results.

FOLLOW-UP SYSTEMS document progress and help companies evaluate their continued investment in a corporate wellness plan at VIDA.

A comprehensive Corporate Wellness Plan is a carefully designed strategy to help a company deal with the specific health and productivity issues affecting its workforce. Our ability to (1) help a company identify the obstacles it currently faces; (2) plan and implement a course of action; and (3) measure and demonstrate progress positions us as a credible authority.
VIDA will work with your company to develop a customized corporate wellness plan, free of charge. This includes the on-site visits, assessments, targeted solutions, and follow-up efforts.

Your company will also receive our corporate wellness pricing on memberships, on-site classes, corporate challenges, etc.

- Physical activity programs that include motivational elements to inspire employees, such as employee competitions, team challenges, and recognition/rewards
- Buddy programs, workout partners, or exercise groups to connect employees with similar goals
- Organized fun runs/walks or company fitness challenges
- Educational lunch-and-learns with nutrition Q&A and healthy snacks
- Specialty weight loss programs and classes
- MYZONE challenges with VIDA prizes such as personal training and spa services

FUNDING YOUR CORPORATE WELLNESS PLAN

VIDA will work with your company to develop a customized corporate wellness plan, free of charge. This includes the on-site visits, assessments, targeted solutions, and follow-up efforts.

Your company will also receive our corporate wellness pricing on memberships, on-site classes, corporate challenges, etc.

- Monthly membership dues are based on the total number of employees participating in your corporate wellness plan and require a minimum one year investment. The company may cover this cost in full or in part, or may assign the cost to the employee in the form of payroll deduction or direct payment to VIDA.
- All new members at VIDA participate in our Value Added Program, which offers up to 50% discounts on new member packages of personal training, boot camp, nutritional counseling, TRX, Pilates Reformer, and Aura spa services. VIDA will provide each employee with a personalized recommendation based on their individual characteristics, interests, and goals.

The cost of each Value Added Program package is $150 and our research over the past 10 years shows that members who complete one of these packages within the first 2 weeks of their membership exercise 3 times/week more frequently and stay committed to their exercise routine for 6 months longer. This program is specifically designed to help your company develop happier, healthier, more productive employees.

We highly recommend that companies contribute some financial incentive as even a minimal contribution has a significant impact on employee participation. This can be either a recurring financial incentive or a one-time assistance at the outset of the membership. The single greatest investment you can make in your employees is one of our Value Added Program packages. We can also accommodate one-time payments at any point in the future, and most companies use this option for employee rewards, end of quarter/year bonuses, or performance-based incentives.

VIDA offers custom pricing for on-site classes and corporate challenges based on your company’s specific interests, class duration, class frequency, etc. We typically like to arrange an introductory meeting to gather information and then submit a formal proposal with rate quote.
WE ARE HERE TO MAKE YOUR LIFE BETTER!

FUNDING YOUR CORPORATE WELLNESS PLAN

VIDA will work with your company to develop a customized corporate wellness plan, FREE OF CHARGE. This includes on-site visits, assessments, targeted solutions, and follow-up efforts. Your company will also receive our corporate wellness pricing on memberships, on-site classes, corporate challenges, etc.

VIDA FITNESS OFFERS 3 OPTIONS FOR FUNDING A CORPORATE WELLNESS PROGRAM:

CORPORATE RESPONSIBILITY
VIDA Fitness bills the employer for all memberships on a monthly basis, or the employer can pay in advance for the year. Employers can be reimbursed by their employees through payroll deductions.

DUAL RESPONSIBILITY
Your organization will split a percentage of the membership fees with your employees. This can be arranged so that you pay as much or as little as you like.

PREFERRED VENDOR
VIDA Fitness will establish your organization as a preferred vendor, giving your employees a discounted membership rate and enrollment fee. Employees will be responsible for paying membership fees in their entirety.

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LOCATIONS

City Vista | MOUNT VERNON TRIANGLE | (202) 289-8432
Metropole | LOGAN CIRCLE | (202) 588-5559
Renaissance Hotel | MOUNT VERNON SQUARE | (202) 742-1940
U Street | DUPONT CIRCLE | (202) 939-2577
Verizon Center | GALLERY PLACE | (202) 393-8432
The Yards | NAVY YARD | (202) 554-0444

VidaFitness.com | facebook VidaFitness | twitter VidaFitness | youtube VidaFitnessDC
At VIDA Fitness, we are here to make your life better! We do this by creating uniquely designed and laid out spaces, providing industry leading facilities and programming, hiring and retaining the best fitness professionals to support you in achieving your goals, and creating a community where people of shared values can make meaningful personal connections.

Our clubs feature all the latest technology and equipment, smart design, luxurious locker rooms, and modern conveniences to make your experience nothing short of amazing. Complete with Aura spa and Bang Salon, we cater to every aspect of your lifestyle. Spend your summer days and nights at our lavish Penthouse Pool Club on the rooftops of our U Street and Yards locations. We host a variety of social events including member mixers, happy hours, fitness expos, and member appreciation days to keep your social calendar packed!

CLUB OFFERINGS

CLASSES
- Zumba, Yoga, Pilates, Barre, Cycling/Spinning, Cardio Kickboxing, Circuit Training, Sports Conditioning, Step, and Strength Training
- Classes accommodate all levels from beginner to advanced and are complimentary

CARDIO EQUIPMENT, WEIGHT TRAINING, AND STRETCHING
- Treadmills, Ellipticals, Arc Trainers, Lateral Trainers, Bikes, Stepmills, and Rowing Machines – all with personal TV’s
- Free weights – Squat Racks, Bench Press, Dumbbells, Pull-up Bars, Ab Benches
- Selectorized Machine Weights
- Cable Weights
- Free space and Abs/Stretch areas

COMPLIMENTARY VALUE ADDED SERVICES
- Sauna and Steam Room
- Endless Pools
- Towel service
- Individual showers with body wash, shampoo, conditioner, & sugar scrub from Bang Salon
- Introductory one hour session and fitness assessment with a personal trainer
- Introductory nutritional consultation
- Lockers (monthly rentals available – fee applies)
- Optional laundry service (fee applies)

FEE-BASED SERVICES
- Massage, facials, and waxings at Aura spa
- Fuel Bar serving smoothies, water, sports beverages, and snack bars
- Bang Salon
- Personal Training and Small Group Training
- TRX, Pilates Reformer, and Boot Camp
- Nutritional Counseling
- MYZONE heart rate monitors and branded challenges with VIDA prizing

WE ARE HERE TO MAKE YOUR LIFE BETTER!

EQUIPMENT AND SERVICES

WE CAN ALSO BRING VIDA FITNESS DIRECTLY TO YOU!

We offer classes on-site at your location in an available conference room, empty office, reception/party room, or similar open space:
- Weight Loss Challenges
- Yoga or Pilates classes
- Functional training classes with stations and equipment we supply (stretch bands, medicine balls, kettle bells, dumbbells, mats)
- Zumba
- Boot Camp
- Nutritional Counseling
- Body fat and blood pressure analysis
- Chair massage
- Classes can be scheduled daily, weekly or monthly

VIDA offers custom pricing for on-site classes and corporate challenges based on your company’s specific interests, class duration, class frequency, etc. We typically like to arrange an introductory meeting to gather information and then submit a formal proposal with rate quote.

VidaFitness.com | VidaFitness | VidaFitnessDC | @VidaFitnessDC
Aura Spa is pleased to offer corporate discounts on select spa services and on-site visits in conjunction with the VIDA Fitness Corporate Wellness Program.

**15% OFF SELECT SPA SERVICES ON TUESDAYS:**
- 60min Swedish, Deep Tissue or Sports massage
- 90min Swedish, Deep Tissue or Sports Massage
- 60min Nourishing Facial
- 60min Gentlemen’s Facial

Aura spa will come on-site twice per year for complimentary 2 hour chair massage, which includes one therapist for chair massage. Additional hours are available at the discounted rate of $115/hour.

**BENEFITS OF A CHAIR MASSAGE PROGRAM IN THE WORKPLACE:**
- Improves employee problem solving abilities
- Improves creative thinking
- Reduces fatigue
- Reduces blood pressure
- Boosts immune system
- Prevents & treats the pain and numbness from long hours using your keyboard and mouse
- Reduces day-to-day stress
- Reduces anxiety and hostility
WE ARE HERE TO MAKE YOUR LIFE BETTER!

CORPORATE WELLNESS PARTNERS

ACCOUNTING
Booz Allen Hamilton
Deloitte
KPMG

COLLEGE/UNIVERSITY
American University
George Washington University
Howard University
Johns Hopkins University

EMBASSIES
Australian Embassy
British Embassy

GOVERNMENT
Dept. of Health & Human Services
Department of Homeland Security
Department of Justice
District of Columbia Courts
District of Columbia Government
DC Public Libraries
Fannie Mae
Federal Trade Commission
FEMA
House of Representatives
Inter American Development Bank
Senate
State Department
Veterans Affairs
White House
WMATA
World Bank

HEALTH CARE
Georgetown University
National Children’s Medical Ctr.
MedStar
Washington Hospital Center
Whitman Walker Health

HOSPITALITY
Destination DC
Kimpton Group
Renaissance Hotel
W Hotel

LEGAL
Akin Gump
Alston Bird
Arnold & Porter
Cadwalader, Wickersham & Taft
Cooley, Godward, Kronish
Crowell & Moring
DLA Piper
Finnegan, Henderson, Farabow
Fay Kaplan Law
Latham & Watkins
Locke, Lord, Bissel & Lidell
Paul Hastings
Steptoe & Johnson
Venable
Williams & Connolly
Williams & Jensen

REAL ESTATE
1010 Mass. Condominiums
1111 11th Street (Eleven Condos)
300 Mass Court
450 Mass Ave (Meridian)
555 Mass Ave
Andover House
Ashton Judiciary Square
Bailouf Apartments
Borger Management
Boston House
Camden Roosevelt
Capital View on 14th
Cassidy Turley
Chastleton
Church Street Condos
Citta 50
City Vista Condos
Coldwell Banker Dupont
Cooper Lewis
DARO Management
Flats at Union Row
Gladstone
Hudson/Desoto
The Jefferson
Latrobe
Logan Row
Lyric 440
Madrigal Apartments
Market Square Buildings
Post Mass. Apartments
Quincy Court
The Louis
Regent
Residences at Gallery Place
Rhapsody
View 14
Yale Lofts

PUBLIC RELATIONS/ MARKETING
Bulldog Public Relations
Living Social
The Knowland Group

RESTAURANT & RETAIL
Bang & Olufsen
Bang Salon
Capital City Brewing Company
Cobalt
Commissary
JR’s
Local 16
Logan Tavern
Matchbox
Monumental Sports & Ent.
NandosPeriPeri
Nellie’s Sports Bar
Penn Quarter Sports Tavern
PEPCO
Ping Pong Dim Sum
Shakespeare Theater
Taylor Gourmet
Think Food Group
TOWN Danceboutique
WalMart

TECHNOLOGY/ FINANCE/MEDIA
Accenture
Atlantic Media
Blackboard
CBS News
CFED
Costar
EDS
IBM
Maga Design
Politico
UBER
Unispec
Zipcar

NONPROFIT/LOBBYING
AARP
Brookings Institute
Carlyle Group
Center for Community Change
Center for Global Development
Chemonics
CTIA Wireless Association
Family Matters
Greenpeace
Human Rights Campaign
KIPP DC
NAHB
National Democratic Institute
National Geographic
National Parks Conservation
NGLCC
Pew Charitable Trust
PhARMA
The Advisory Board
The Glover Park Group
World Wildlife Fund

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