



Corporate Wellness Proposal

Why Corporate Wellness?

Our goal at Blast Fitness is to provide each and every Blast Fitness member with resources to achieve their optimal fitness goals in a clean, friendly and comfortable environment. All Blast Fitness clubs will provide communities with first-class family friendly health clubs, at a very affordable low-monthly rate.

Extensive studies have shown that participants in physical activity programs report:

- Exercise helps them achieve higher mental concentration and feel more alert
- They enjoy work more than non-participants and it boosts their morale
- Exercise improves reaction time, memory and decision-making ability
- They are more productive, have more stamina and are sick less often
- Exercise induces sounder sleep and they handle stress better
- They have better rapport with co-workers and enjoy work more

Mesa School District Employees, Staff and Family Members

Blast Fitness Gold Membership \$1.00 Down / \$10.00 a month

Use of all state-of-the-art cardio equipment

Use of all strength training equipment

Locker room access

Use of any Blast location

(all memberships include \$49.99 Annual fee and \$1 multi access fee)

Join at our Mesa location
1020 W. Southern Ave Mesa, AZ 85210
480-464-6380