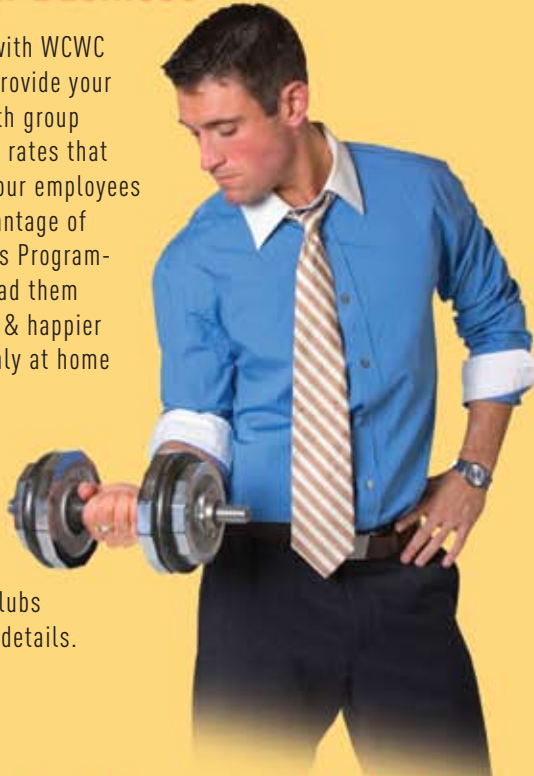


## Let us tailor a Corporate Membership Plan for your business

Partnering with WCWC will let us provide your company with group membership rates that will allow your employees to take advantage of our Wellness Programming and lead them to healthier & happier lives, not only at home but at the workplace as well.

Please see any of our clubs for specific details.



## Let us help you make the best investment you can... in your employees!



### Our Clubs...

**SALEM • 894-4800**  
16 Pelham Road  
Off Exit 2, I-93

**LONDONDERRY • 434-6565**  
18 Orchard View Drive  
Next To Cinema 12

**DERRY • 437-6300**  
35 Manchester Rd., Rt. 28  
Derry Meadows Shoppes  
Next To Hannaford's

**HOOKSETT • 623-1111**  
1271 Hooksett Road  
RK / KMart Plaza

**MANCHESTER • 629-9292**  
93 Maple Street  
Behind McDonald's

## A Wellness Business

## For Your Business Wellness



**"We're Making Fitness Fun!"**  
[www.theworkoutclub.com](http://www.theworkoutclub.com)





The World Bank has estimated that the cost of obesity accounts for 12% of the national healthcare budget, and costs US companies over \$13 billion annually.

Employees benefit when their employers support fitness. Employees who work out may also enjoy reduced stress, increased energy and overall sense of well being.

Pfizer has reported saving \$4.29 for every \$1.00 invested in its on-site fitness centers.

In the state of Michigan, physical inactivity results in the loss of 20 days per worker costing the state over \$8.6 billion annually.

from IHRSA 2004 trend report, "Americans Want Their Employers to Help Them Get Fit"

## Our Wellness Programs...

All 5 of our locations offer a variety of equipment, services, and programming. We have designed our facilities to meet your corporate needs.



As New Hampshire's premier health club, WCWC offers a large selection of programming that will help your employees begin and maintain a healthy lifestyle.

### EQUIPMENT

- Treadmills
- Ellipticals
- Step Mills
- Nautilus
- Free Weights
- Arc Trainers
- Stationary Bikes
- Selectorized Equipment
- Cardio Theatre Entertainment
- And More

### AEROBICS

- Step
- Yoga/Pilates
- Hi-Lo
- Basic
- Body Pump
- Kick Boxing
- Salsa
- Muscle Toning
- And More

### AQUATICS

- Swim Lessons
- Adult Swim
- Family Swim
- Water Slide
- Lap Swim
- Swim Teams
- Master Swim
- Zero Entry Splash Pool

### TRAINING

- Personal Training
- Buddy Training
- Group Training
- Gravity Training
- NutriFit
- Functional Training

### FAMILY PROGRAMMING

- Rock Wall & Bouldering
- Family Swim & Sports
- Senior Programming
- Club Rush
- PowerKidz
- And More

### AMENITIES

- Sauna
- Steam Room
- Locker Rooms
- Child Care

Not all classes and programming are available in all locations.

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