

**PROPOSAL FOR EMPLOYEE WELLNESS PROGRAM  
Spring 2015**

Proposed Program	Access to Wellness Center for Cardio/Circuit Training and Group Exercise Classes																																																						
Target Group	All employees																																																						
Target Date(s)	<ul style="list-style-type: none"><li>February 23 – June 13, 2014</li><li>Hours of operation: Monday – Thursday 6am-9pm Friday 6am-3pm</li></ul>																																																						
Focus	<ul style="list-style-type: none"><li>Baseline Fitness Assessment, Program Design, Personal Training, Group Exercise Classes and Lap Swimming included</li><li>6 Employee Group Exercise Classes each week: Mondays: 1:00-2:00pm Yoga; Mondays: 5:00-6:00pm Body Sculpting Tuesdays: 5:00-6:00pm Body Sculpting Wednesdays: 1:15-2:00pm Metabolic Blast Wednesdays: 5:00-6:00pm Cardio Dance Thursdays: 5:00-6:00pm Cardio Dance</li><li>Lap Swim Monday –Thursday 11am-1pm</li></ul>																																																						
Cost to District	272 hours front desk/trainer hours for 16 weeks 80 group exercise hours for 16 weeks 64 life guard hours for 16 weeks (sharing cost with Community Ed.) <ul style="list-style-type: none"><li>Funding needed for non-credit hours: 272 hrs. x \$12.48/hr.= \$3394.56 (true cost = \$3637.29 see below)</li><li>Funding needed for Group Exercise Classes: 80hrs. x \$19.76/hr. = \$1580.80 (true cost = \$1713.07 see below)</li><li>Funding needed for Lifeguard: 64hrs. x \$12.50/hr. = \$800 (true cost = \$848.72 see below)</li></ul>																																																						
	<table><tr><td colspan="8">HOURLY SALARY PROJECTION</td></tr><tr><td rowspan="3">DESCRIPTION</td><td rowspan="3">Total Salary</td><td colspan="4">BENEFITS (Employer Paid Liabilities-FY 2014-15)</td><td rowspan="3">TOTAL BENEFITS</td><td rowspan="3">TOTAL SALARY &amp; BENEFITS</td></tr><tr><td>335000</td><td>351000</td><td>361000</td><td>381000</td></tr><tr><td>MEDI</td><td>SUI</td><td>W/C</td><td>LARISA</td></tr><tr><td>Fitness Trainer (272 hrs @ \$12.48/hr)</td><td>3,394.56</td><td>1.45%</td><td>0.05%</td><td>1.59%</td><td>3.00%</td><td>242.73</td><td>3,637.29</td></tr><tr><td>Lecturer (80 hrs @ \$19.76/hr)</td><td>1,580.80</td><td>49.22</td><td>1.70</td><td>25.13</td><td>83.42</td><td>132.27</td><td>1,713.07</td></tr><tr><td>Student Assistant V (64 hrs @ \$12.5/t</td><td>800.00</td><td>22.92</td><td>0.79</td><td>12.72</td><td>24.00</td><td>48.72</td><td>848.72</td></tr></table>								HOURLY SALARY PROJECTION								DESCRIPTION	Total Salary	BENEFITS (Employer Paid Liabilities-FY 2014-15)				TOTAL BENEFITS	TOTAL SALARY & BENEFITS	335000	351000	361000	381000	MEDI	SUI	W/C	LARISA	Fitness Trainer (272 hrs @ \$12.48/hr)	3,394.56	1.45%	0.05%	1.59%	3.00%	242.73	3,637.29	Lecturer (80 hrs @ \$19.76/hr)	1,580.80	49.22	1.70	25.13	83.42	132.27	1,713.07	Student Assistant V (64 hrs @ \$12.5/t	800.00	22.92	0.79	12.72	24.00	48.72
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