

PROPOSALS FOR EMPLOYEE WELLNESS PROGRAM SUMMER 2014

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"> Week of June 16-19 & Aug. 4-22 (weeks before & after Summer term): 6am-8am;12pm-2pm;4pm-8pm Week of June 23-July 31: 6am-2pm; 4pm-8pm
Focus	<ul style="list-style-type: none"> Baseline Fitness Assessment & Program Design included. Appointments taken Monday – Thursday from 3:00-6:00pm with Fitness Trainers or by appointment with K.C. Kranz throughout the day. Group Exercise classes Mondays: 5-6pm Body Sculpting Tuesdays: 5-6pm Zumba Wednesdays: 5-6pm Cardio Dance Thursdays: 5-6pm Pilates Mat with Ball Boot Camp Classes offered twice per week. Time TBA (no cost) Lap Swim hours from 11am-1pm Monday-Thursday
Cost to District	<ul style="list-style-type: none"> Funding needed for non-credit hours: 208hrs. x \$12.48/hr. = \$2595.84 (true cost = \$2787.07) 40hrs. x \$19.76/hr. = \$790.40 (true cost = \$873.67) Total cost of funding needed: \$3660.74

Kaiser Trice
program for
our members

Fit Bit type
Online Wellness Platform
Confidential

Third Party
Provider to
Integrate Health
Data - Risk
Assessment

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HOURLY SALARY PROJECTION

DESCRIPTION	TOTAL	BENEFITS (Employer Paid Liabilities- FY 2013-14)				TOTAL	TOTAL
	SALARY	MEDI	SUI	W/C	LARISA	BENEFITS	SALARY & BENEFITS
		1.45%	0.05%	1.48%	3.00%		
Fitness Trainer (208 hrs @ \$12.48/hr)	2,595.84	37.64	1.30	38.42	113.88	191.23	2,787.07
Lecturer (40 hrs @ \$19.76/hr)	790.40	11.46	0.40	11.70	59.71	83.27	873.67
TOTAL	3,386.24	49.10	1.69	50.12	173.59	274.50	3,660.74