

**PROPOSAL 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"> <li>• Week of June 16-19 &amp; Aug. 4-22 (weeks before &amp; after Summer term): 6am-8am;12pm-2pm;4pm-8pm</li> <li>• Week of June 23-July 31: 6am-2pm; 4pm-9pm</li> </ul>
Focus	<ul style="list-style-type: none"> <li>• Baseline Fitness Assessment &amp; 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.</li> <li>• 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)</li> <li>• Lap Swim hours from 11am-1pm Monday-Thursday</li> </ul>
Cost to District	<ul style="list-style-type: none"> <li>• 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)</li> <li>• Total cost of funding needed: \$3660.74</li> </ul>

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HOURLY SALARY PROJECTION							
DESCRIPTION	TOTAL	BENEFITS (Employer Paid Liabilities- FY 2013-14)				TOTAL	TOTAL
	SALARY	335000	351000	361000	381000	BENEFITS	SALARY & BENEFITS
		MEDI	SUI	W/C	LARISA		
		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	<b>2,787.07</b>
Lecturer (40 hrs @ \$19.76/hr)	790.40	11.46	0.40	11.70	59.71	83.27	<b>873.67</b>
<b>TOTAL</b>	<b>3,386.24</b>	<b>49.10</b>	<b>1.69</b>	<b>50.12</b>	<b>173.59</b>	<b>274.50</b>	<b>3,660.74</b>