

Fitness Center Design Consulting

Wellness Programming

Management and Staffing

Onsite Fitness Center Management

Helping You Bring Health and Fitness to Your Workplace



NIFS can help
you build a
corporate culture
of wellness.

nifs

Fitness Center Solutions



An onsite fitness center can help build a corporate culture of wellness and NIFS can guide you in getting the most out of your future or existing facility. From conception to completion, let our 20 years of experience in the industry work for you as we guide you through the process of corporate fitness center management.

The Program

NIFS will:

- work hand in hand with your decision makers to create a fitness program that meets your needs.
- help you navigate the design process from start to finish.
- consult with you on building issues like fitness center design, space planning and equipment recommendations.
- guide you through safety and legal considerations as well as non-capital purchases.

Staffing

Your employees will come in for the facility, but will stay because of the staff.

- Our service-oriented staff care about the well-being of your employees. They are able to draw employees into the fitness center both to improve their health and to meet your facility utilization expectations.
- Our corporate fitness management team is comprised of professionals with health-focused four-year and Master's level degrees.
- Better than 90% of our team are certified Health and Fitness Instructors through the American College of Sports Medicine and all of our staff are certified in CPR, AED use and in First Aid.

The Perks

- Our staff at the center can serve as a health resource and personal coach as your employees start to embrace healthier choices.
- Individual attention combined with the right information, tools and support will help participants make the behavior changes that have both physical and psychological benefits.

The Payoff

We are dedicated to helping you ensure that your capital investment is paying off. Whether you purchase software to track program participation or you prefer NIFS manage your data manually, our experienced professionals will consult with you to find the metrics that mean the most to your bottom line.

NIFS can also help provide you with Wellness Programming like:

- Incentive Programs
- Lifestyle Programs
- Fitness Assessments
- Group Fitness Classes
- Wellness Presentations
- Exercise Prescriptions
- Onsite Health Fairs



Get Started Today!

Contact Bethany Garrity, at
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