



3 Keys to Adding Group Fitness Classes at Work

Lack of time and lack of access are two key reasons that adults report when asked why they don't get enough exercise. You can put a stop to those excuses when you offer group exercise classes at work. While this is a fairly simple service to get started, there are some important steps you want to take to ensure you have a successful and safe group class program for your workforce.

1. What space do I have available?

- You don't have to have dedicated group exercise room with a suspended hardwood floor to get started. An open conference room can work for both midday and after-work classes.
- Take a look at the space you have to run classes and make class format choices based on what you have available. For example, a smaller space might better accommodate a mind-body class like Pilates or yoga. A larger room might make it possible to have a cardio-focused or high-movement class like cardio kickboxing or boot camp.

2. What am I willing to spend?

Although providing group exercise classes onsite won't be your most expensive wellness initiative, it does require some financial resources. How you spend those resources is up to you. Consider this list:

- While many class formats can be taught with little to no equipment, you may want to invest in some basics to broaden the offerings available for your employees. For less than \$500, you can purchase stability balls, exercise tubing, a small stereo, and a few exercise mats.
- Group exercise instructor fees also need to be considered. We see these costs handled in one of three ways: (1) the employees pay the instructor, (2) the employer and the participants share the cost, or (3) the employer pays the full cost of the instructor.

3. What do my employees want?

- Finding out the most popular choices among your workforce can be as simple as offering a quick survey. Consider asking about the following:
 - Preferred time(s) of day, time of the week
 - Preferred format(s)
 - Willingness to pay a small fee (and how much)
- We also suggest that you start with short sessions. Popularity of specific instructors, formats, and times of day will give you a clear indication what will work for your employees.

To find out more about bringing NIFS staff onsite to manage your fitness center, visit our website wellness.nifs.org or contact Emily Davenport at 317-274-3432 or by email.