



Our Health & Fitness Services

Through Pioneer Health Group's two divisions, we are focused on providing the highest level of service in Corporate Fitness and Health Enhancement Services. Whether your company is interested in designing a new fitness facility, purchasing new equipment, implementing a wellness program, offering a health fair, or offering worksite health screenings, we are organized to produce results.

Fueling human performance...
to power Corporate America

FACILITY DESIGN

Both MidAtlantic and MountainWest will design your ideal fitness facility to meet your specific needs and population. We have various sophisticated models that will meet every budget for your organization. Our experienced Design and Development team will consult with each client through the four stages.

Stage 1: Interest Survey

The Interest Survey accurately determines specific interests of the actual population who will be utilizing the Center. It provides a profile to ensure that correct decisions regarding space, equipment selection, fee structure, hours of operation, and programming are determined correctly from the start.

Stage 2: Fit-Out & Design

The interest survey results will provide our D&D Team with information to determine critical decisions for the fit-out of the Center. The D&D Team will work closely with designers to ensure zones and specific treatments are specified.

Stage 3: Cost Determination

Based on survey results and projected membership, our D&D Team will work with all parties and architects to design a center to meet the specific needs of the company based from the proposed company budget for cost per square foot.

Stage 4: Pre-Opening

The pre-opening stage of the Center is an exciting and critical stage for announcing and preparing for operations. Our D&D Team will work to ensure that the Center is prepared for opening.

FITNESS MANAGEMENT

MidAtlantic and MountainWest manage Fitness & Wellness Centers ranging from 1,000 square feet to Centers over 30,000 sq. feet. Our programs are targeted to our client needs which range from personal training services to more expansive health & fitness programming that include group exercise, wellness services, recreational programs, and aquatic services. Our company endorses The American College of Sportsmedicine Guidelines.

The operational phase of fitness management includes:

- Fitness Assessments
- Equipment Orientation
- Personal Exercise Plan (PEP)
- Center Marketing & Promotions
- Group Exercise Programs
- Fitness Incentive Programs
- Alternative Health & Massage
- Membership Administration
- Member Retention Programs
- Communication & Resources
- Wellness Services

GROUP EXERCISE

One of the keys in developing and providing a successful Group Exercise Program is to ensure that classes are taught by certified group exercise professionals. Both divisions endorse The American Council on Exercise (ACE) and The Aerobics and Fitness Association of America (AFAA). We endorse both organizations as the gold standard certification for our instructors.

- Low Impact Aerobics
- Stretch
- CORE
- Strength Conditioning
- Cardio Kick Boxing
- Power Toning
- Body Sculpting
- STEP Aerobics
- Group Cycling Classes
- Basic Training – Boot Camp
- Specialty Classes
- Yoga
- Pilates

PERSONAL TRAINING

Personal training is a service we provide for the majority of our centers. By providing individual one-on-one attention with a trained professional, the participant is rewarded with greater results. These services are typically paid for by the members and considered a service amenity to the existing fitness center program.

The American Council on Exercise and the National Strength & Conditioning Association are fundamental criteria to become a Personal Trainer for either of our divisions. Both divisions have ongoing criteria and testing for each personal trainer in our system.

WELLNESS SERVICES

Wellness services are all customized to fit an organization of any size and all demographics. Programs range from topics like cardiac risk to diabetes education and stress management programs. We have a program for every need on every topic whether it is individual one-on-one counseling or delivered via group education. Both of our divisions are members of The National Wellness Institute.

Risk Reduction Strategies to lower healthcare costs and improve overall economic benefits of an organization. See our Wellness Services menu for complete listing.



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