

WHY WORKOUT ANYWHERE ELSE?

+ A healthier workplace means a happier workforce

Discount

On corporate membership packages

See inside for more details

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SOUTH LANARKSHIRE
Leisure & Culture

for more information visit

www.southlanarkshireoffers.co.uk

Let South Lanarkshire Leisure and Culture help you to make this a successful year for your company!

Employees are the most important part of any business and having happy and motivated staff is crucial to the success of your company.

Ensuring that your employees are fit and well is a great investment in the future wellbeing of your company.

Discount

On corporate membership packages

South Lanarkshire Leisure and Culture has a network of leisure centres and fitness suites throughout the area. Many of these centres have swimming pools, health suites and fitness studios providing first class equipment and facilities. We also provide an extensive range of classes including body pump, spin fit, yoga, body balance, aerobics and zumba suitable for beginners and those looking for a full workout.

SLLC offers a corporate discount to all employees who wish to take up one of our range of membership packages. These are available for as little as £1 a day.

The benefits of regular exercise are well documented and include:

- ☞ Reduces the risks of ill health and disease including heart disease, diabetes and high blood pressure
- 🏃 Reduces stress levels and give employees an outlet to blow off steam
- 👉 Gives employees the opportunity to enjoy each others company and socialise
- 👁️ Reduces absenteeism levels - healthy employees are more likely to be able to ward off illnesses



Fitness Membership

Our 'all-inclusive' Fitness membership monthly payment entitles employees to:

- + Unlimited use of gyms, pools and health suites.
- + The Perfect Fit where we personalise your fitness journey to suit you and your goals.
- + Unlimited free access to our highly qualified staff for advice and assistance
- + Access to the full range of fitness classes (an average of over 350 classes are held a week across all SLLC venues)
- + Access to racquet sports

Swim Membership

The swim package will allow your employees to go for a quick swim before work, or enjoy a lane swim on their lunch break, or enjoy a fun splash at the weekend.

The membership allows unlimited access to any of our swimming pools across South Lanarkshire.

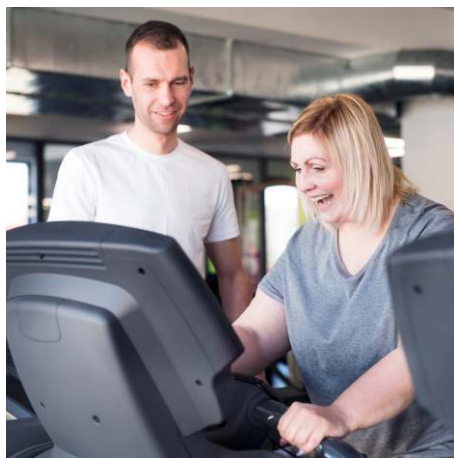


Health Suite Membership

Health suite membership includes the benefits of a swim membership, with the addition of unlimited health suite use. Our health suites' saunas and steam rooms are the ultimate way to relax; some of our health suites also include spa baths. The health suite membership allows you to access any of our health suites across South Lanarkshire.



In addition to the corporate membership scheme, we can also provide personal training instructors who will work with your employees to help them achieve their fitness goals - whether that is to lose weight, improve their muscle tone, increase muscle mass, or simply to help them get a little fitter. The trainer can either come into your business to work with your employees or your employees can come along to one of our leisure centres.



WHY WORKOUT ANYWHERE ELSE?



To find out more about how SLCC can
help your business please call

01698 476193

www.southlanarkshireoffers.co.uk

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