

+1
fitness

CORPORATE FITNESS



As the premier corporate fitness management company, Plus One combines the world class service of our 5-star hotel properties with an extensive programming menu.

We provide custom corporate fitness solutions to each and every client.

Professional Staffing

Plus One recruits, hires, trains, and retains the finest professionals in our industry ensuring that your employees receive the highest level of service.

Fitness Programming

Plus One's motivational programs, retention protocols, and service delivery standards ensure that fitness center membership is maximized and members are excited about using the facility.

MyFitnessExpert.com

Our online personal training program allows our exercise professionals to deliver a custom program to each and every fitness center member. This award winning software offers maximum workout flexibility for busy employees by allowing them to follow their exercise programs from anywhere they have Internet access.

Group Fitness Classes

Plus One's Group Fitness program is unparalleled in the industry. We offer the standard classes like Yoga and Spinning as well as specialties like Kickboxing, Pilates, and Tai Chi.

Testing, Evaluation, and Orientation

Testing, evaluation, and orientation form the basis of each participant's exercise prescription and reduce liability. We tailor our testing procedures to meet your employee's needs.

Personal Training

Plus One's Gold Standard personal trainers deliver private training to our corporate clients. We manage your entire personal training program from marketing to booking to reporting.

Marketing

Increasing the awareness and use of the fitness center is an important component of its success which is why Plus One develops sophisticated, custom marketing campaigns for each client.

Operations

Plus One's operations department ensures that all fitness centers are clean and well maintained. We ensure that all fitness centers are operating efficiently and within budget.

Outside Club Memberships

We manage programs for the non-member who prefers to join a home, community, or commercial health club. We can procure significant volume discounts for external memberships.

Reporting

Plus One offers extensive reporting on all aspects of your fitness program including attendance, enrollment, outcomes, and satisfaction levels.