



Lake Jackson

**PARKS & RECREATION**

# Corporate Employee Wellness Memberships

Lake Jackson Recreation Center  
91 Lake Road  
Lake Jackson, Texas 77566  
979-297-4533  
[www.lakejackson-tx.gov/parks](http://www.lakejackson-tx.gov/parks)

The estimated annual costs of physical inactivity in the United States are well over \$117 billion. This physical inactivity has led to 66% of American adults being overweight or obese. Sedentary jobs and demanding work schedules are two contributors to the obesity epidemic.

- 17% of American youth are overweight, tripling over the last 4 decades
- Overweight/Obesity greatly raises the risks of developing:
  - Heart Disease
  - Elevated LDL cholesterol
  - High blood pressure (hypertension)
  - Type II diabetes
- Energy Balance – Weight gain occurs when calories consumed are greater than calories burned through physical activity.
- Current obesity crisis in America is mostly a result of lifestyle change.

Physical wellness has a serious impact on the overall health of our employees. Proper diet and nutrition, combined with regular exercise, and a daily routine that includes personal hygiene, are all part of an overall wellness plan. Eating a well-balanced diet including fresh fruits and vegetables, whole grains, and adequate proteins helps maintain healthy brain function and neurotransmitter production. Regular exercise releases chemicals that release tension and anxiety from our body. The positive benefits of exercise and physical activity have all been established.

In an effort to help your employees achieve overall good health, the Lake Jackson Parks and Recreation offers Corporate Membership plans to local companies in our area for their employees.

#### Benefits for your company:

- Reduce medical claims
- Reduce benefit cost
- Reduce disability time
- Lower turnover rates
- Improve workplace morale
- Greater productivity
- Decreased absenteeism
- Increase concentration

#### Benefits to Employees:

- Networking opportunities
- Improved Quality of Life
- Ability to cope with stress
- Better morale
- Decreased doctor visits
- Better teamwork
- Possible decrease in insurance cost

Attached is a list of the different options we offer for you and your staff and a Corporate Membership Application. Once you have decided which option best fits your organization please complete the application and return by email to: [mdoyle@lakejacksontx.gov](mailto:mdoyle@lakejacksontx.gov) or mail to:

Lake Jackson Recreation Center  
c/o Mallory Doyle  
91 Lake Road  
Lake Jackson, Texas 77566

# Corporation Membership Options

## Option 1: A full coverage corporate membership

- Company pays the entire amount of the employee's chosen membership, including family memberships.
- Companies with 100 or less employees will pay full price memberships. Companies with 101-200 members will receive a 5% discount on their total bill. Companies with 201-300 employees will receive 10% discount. Companies with 301-500 employees will receive a 15% discount. Companies with 501 or more employees will receive a 20% discount.
- Memberships will either be Full Family Memberships or Full Individual Memberships.
- Invoices will be sent monthly to corporations and will reflect the monthly fee rate.

## Option 2: An employee only corporate membership

- Company pays for the employee's membership only. Employees will have the choice to pay the Recreation Center the price difference to add their families to their memberships.
- Companies with 100 or less employees will pay full price memberships. Companies with 101-200 members will receive a 5% discount on their total bill. Companies with 201-300 employees will receive 10% discount. Companies with 301-500 employees will receive a 15% discount. Companies with 501 or more employees will receive a 20% discount.
- Memberships will be Full Individual Memberships.
- Invoices will be sent monthly to corporations and will reflect the monthly fee rate.

## Option 3: A corporate wellness membership

- Company pays for the employee's membership only. Employees will have the choice to pay the price difference and add their families to their memberships.
- Companies can choose to deduct the fee from employee's pay if they do not make a designated amount of visits per month. Memberships will be Full Individual Memberships.
- Monthly admittance reports and invoices will be sent monthly to corporations and will reflect the monthly fee rate and member visits.

## Option 4: A partially covered corporate membership

- Company and employee split the cost of the employee chosen membership.
- Company pays half of the monthly, 90 day, or yearly membership to Recreation Center and employee pays the other half to the Recreation Center. Companies will be billed monthly for the appropriate membership fees.
- Membership types will be the choice of the employee.
- Invoices will still be sent monthly, however they will reflect either a onetime fee of half the cost of the membership purchased by the employee for the appropriate time period purchased, or they will be charged monthly for half the cost of a monthly membership should the employee opt to purchase a monthly membership.

### Membership Fees:

Fees are based on the option your organization chooses. Our current rates are as follows:

Full Memberships: Amenities include pool, sauna, gymnasium, weight room, Fitness on Demand, racquetball courts and Group X classes. Full Family memberships also include KidZone for children six months to (7) years at no charge.

	<u>Annual</u>	<u>Monthly Draft (ACH)</u>	<u>90 Day</u>
Full Family	\$440	\$40	\$120
Individual	\$330	\$30	\$90

Fitness Memberships: Amenities includes weight room, gymnasium, sauna, and racquetball courts. Family Fitness memberships may use the KidZone for an additional fee.

	<u>Annual</u>	<u>Monthly Draft (ACH)</u>	<u>90 Day</u>
Family Fitness	\$330	\$30	\$90
Individual	\$225	\$25	\$75

### Registration:

Upon their first visit to the Recreation Center all employees will be required to complete a "Membership Application" and bring some form of identification, employee badge or document provided by organization, stating they are an employee. If they are already a member here at the Recreation Center we ask they update their membership application and provide employee identification. Employees will not be eligible for corporate membership without proper identification.

### Memberships:

- Family memberships are for immediate dependant's family members. Children 18 years and older must be carried on your income tax to be listed as an immediate dependant.
- All corporate members must abide by the Recreation Center rules and regulations.
- Memberships can be cancelled at any time by sending a written request to the Lake Jackson Recreation Center. Depending on when the membership is cancelled will determine if the organization will be responsible to pay for the membership that month.

NOTE: It will be the responsibility of the organization to notify the Recreation Center of changes to an employee's status immediately after they occur. Depending on when the change occurs will determine if the organization will be responsible to pay for the membership that month.

Organizations who fail to notify the Recreation Center of any change to an employee's status will be responsible for their membership fee that month.

## Corporate Membership Application

This form is for organizations who wish to enroll in the Corporate Memberships at the Lake Jackson Recreation Center. After completing this form please submit it to the Recreation Center by fax 979-297-0021 or by email to [mdoyle@lakejacksontx.gov](mailto:mdoyle@lakejacksontx.gov).

Organization/Payee Name: \_\_\_\_\_

### Mailing Address Information:

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

### Billing Information:

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

### Contact Information:

Name: \_\_\_\_\_ Title: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Email: \_\_\_\_\_

### Membership Option:

\_\_\_ Option 1: A full coverage corporate membership

\_\_\_ Option 2: An employee only corporate membership

\_\_\_ Option 3: A corporate wellness membership

\_\_\_ Option 4: A partially covered corporate membership

THIS SECTION COMPLETED BY PARKS DEPARTMENT

Approved by: \_\_\_\_\_

Membership Code: \_\_\_\_\_

Date Registered: \_\_\_\_\_