



# VIAROFIT

**We are transforming the way businesses think about employee fitness, health, and wellness.**



## **ViaroFit Wellness Center Access**

The 9,000+ square foot ViaroFit Wellness Center in the heart of La Crosse is open seven days a week, providing free weights, cable machines, stair climbers, treadmills and more.

## **Health Coaching**

Our certified health coaches provide constructive guidance toward wellbeing by helping to define personal goals, eliminate obstacles, establish direction and reinforce positive lifestyle choices.

## **Integrated Care\***

With ViaroHealth, additional options such as primary care, therapeutics and behavioral health are just a step away for complete wellness.

\*Services listed not included as part of the fitness plan.

## **ViaroFit-Functional Training**

ViaroFit will help your employees progress through an eight-week program to improve every fitness level. Workouts and repetitions change weekly to stimulate muscles in different ways. This program works with every fitness level, from beginner to well-trained.

## **Cycle Studio**

Employees can train independently on top-quality cycles, or choose from a wide range of classes led by certified cycle instructors.

## **Personal Training**

Certified personal trainers work directly with employees to help them meet and exceed their fitness goals, taking them to their next level of fitness.



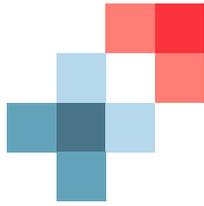
# VIAROHEALTH

Business Plans

**Questions? Contact Our Team**

**(608) 668-2111**

[partnerships@viarohealth.com](mailto:partnerships@viarohealth.com)



# VIAROFIT

## Wellness Center Business Plans

Contact our team for a complete list of wellness services.

ViaroFit Business <b>Basic</b> <b>\$36</b> per month		ViaroFit Business <b>Plus</b> <b>\$40</b> per month
✓	Seven-Day a Week Access - Fully Staffed	✓
✓	Online Class Registration	✓
✓	Check-in Reports	✓
24 per year	Studio, Cycle & Yoga Classes	✓
✓	Mobile App	✓
✓	Towel Service & Shower Amenities	✓
✓	Body Composition & Consult	✓
1 month start up & 10% discount	Health Coaching	1 month start up & 20% discount
1 month start up & 10% discount	Nutrition Coaching	1 month start up & 20% discount
10% Discount	Personal Training	20% Discount
✓	ViaroThrive Wellness Programs	✓
✓	ViaroTherapeutics Member Pricing	✓

✓ Services included in plan

**Non Member**

**\$8**

Single Use of Fitness Center

**Studio Classes**

\$8 per class

\$32 - 5 class package

\$62 - 10 class package

\$120 - 20 class package



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