



**YOU ARE BUILDING A HEALTHY CORPORATE CULTURE.
WE ARE BUILDING HEALTHY PEOPLE.**

Located in the heart of one of the fastest growing neighborhoods in Charleston, **Rhapsody CrossFit** offers top of the line coaching and member care.

LET'S WORK TOGETHER!





LET'S TALK ABOUT YOU

TELL US ABOUT YOUR CORPORATE CULTURE

COMPANY CULTURE

GIVE US 3 ADJECTIVES.

ARE THOSE IN LINE WITH YOUR COMPANY VALUES?

CORPORATE COMMUNITY

WHAT ABOUT LIFE OUTSIDE THE WORKPLACE?

DO YOUR TEAMS HAVE A SOLID COMRADERY AND PERSONAL RESPECT FOR ONE ANOTHER?

HEALTH AND WELLNESS

IS MENTAL & PHYSICAL HEALTH A REGULAR CONVERSATION?

IS SELF-CARE AND STRESS MANAGEMENT A PRIORITY?

IF YOU COULD ENHANCE
ONE THING ABOUT YOUR
CORPORATE CULTURE -
WHAT WOULD IT BE?

CORPORATE WELLNESS
PROGRAM



CORPORATE WELLNESS

WHAT IT IS (FOR MOST)

Corporate or workplace wellness is any workplace health promotion activity or organizational policy designed to support healthy behavior in the workplace and to improve health outcomes.

Initiatives often include health education, medical screenings, weight management programs, on-site fitness programs and/or facilities.

EXAMPLE

Steps per month = *Qualifying for a lower deductible or providing employees with a discounted membership to a local gym.*

Long, short, it is often a box checked, but tends to be low on the totem pole for employee incentives.

WHY IT FAILS

For a healthy lifestyle to stick, someone must *choose* to live a healthier lifestyle, rather than being forced to do so.

Wellness works best when the experience is a shared one, either through communal goals or a little healthy competition.

CORPORATE WELLNESS
PROGRAM



CORPORATE WELLNESS

WHAT IT SHOULD BE

Beyond screenings and counting steps...

- It should be a proactive, engaging approach to complete health and wellness, mind body and soul, for your most valued assets - your employees.
- It should cultivate workplace community and deeper relationships with communal goals, accountability and respect inside and outside your office walls.
- It should be the first step towards a healthier, happier lifestyle not only for employees but for their families.
- It should impact your bottom line as healthier, happier employees will be more present, engaged and productive.
- It should decrease insurance costs with employees (and their families/co-insured) taking a proactive interest in their fitness and wellness.
- It should be a competitive advantage and draw for attracting the top 1% of talent.

CORPORATE WELLNESS
PROGRAM





CORPORATE WELLNESS

BY THE NUMBERS

Can you afford not to?

The top two chronic health conditions driving health-related costs for employers were depression and obesity, research showed.*

Employees who scored low on “life satisfaction” stayed home from work 1.25 more days per month than those with higher scores, adding up to about 15 additional days off per year.*

More than 60% of employers said workplace wellness programs reduced their organizations’ healthcare costs.*

Studies show that well-designed wellness programs have a return on investment of \$1.50 per every \$3 spent over a 2 to 9-year timeframe.*

*According to a report by the U.S. Chamber of Commerce

YOU HAVE MY ATTENTION

What can our company do?

Introduce a program designed to support a full lifestyle shift - **mind, body and soul.**

Deepen the bench by extending your corporate wellness beyond just employees - **include their families (AKA their support systems).**

Cultivate a community based on health and fitness - support employee/team goals, promote relationships in and out of work, believe that **teams that sweat together stay together.**

Make health and wellness a company priority - intrinsic to the culture and worn like a **badge of pride.**

Lead with Corporate Wellness to become the Employer of Choice - **wear it loud and proud during the recruiting process.**

CORPORATE WELLNESS PROGRAM



CORPORATE WELLNESS

WHY CROSSFIT?

Different people are motivated by different things.
CrossFit can speak to all of those motivations.

Physical Fitness + Weight Management
Functional fitness, strength and conditioning.

Personal Challenge
Holding you to your highest standard and then raising that bar.

Healthy Competition
With yourself and even with those around you.

Team Building
It takes a village to cheer you on and hold you accountable.

Mental Strength + Stress Relief
Workout therapy is the best therapy.

Nutrition + Rest
Hard to hustle when you're not well-fueled or recovered.

WHY RHAPSODY?

We provide a safe and supportive environment for new and experienced CrossFit members. We can start anywhere as long as someone has an open mind and is ready to work.

We are community focused and committed to creating an energizing environment for humble, hungry and happy people. We can help integrate this community and its values across your team.

We offer a personalized experience to include mentorship as "one size" fits no one in the fitness space.

We focus on the full gamut of health and wellness from physical fitness to nutrition and mental health.

We keep it straightforward and simple. Show up with an open mind and willingness to work, and we will guide you the rest of the way.

Like you, our team and facility are the best of the best. Our coaches are all CrossFit Level 2 Trainers in addition to holding a wealth of specialty certifications. We pride ourselves on best-in-class equipment, an immaculate facility and abundant amenities that include showers, towel service, cold brew on tap, snacks and clean supplements.

We will adjust our approach to suit your company's size and personality.

CORPORATE WELLNESS
PROGRAM





BACK TO YOU

PACKAGES BUILT TO SUIT

PERK FOOT IN THE DOOR

OFFER EMPLOYEES A 10 CLASS PASS ON YOU. NO RISK OPPORTUNITY FOR THEM TO GIVE US A SHOT - THEN LET US WORK OUR MAGIC.

PERK ONSITE WORKSHOP

WE'LL BRING THE PARTY TO YOU WITH A TEAM-BUILDING WORKSHOP DESIGNED TO GET THE BLOOD PUMPING AND STRENGTHEN THE BOND BETWEEN YOUR TEAM.

BENEFIT DISCOUNTED EMPLOYEE MEMBERSHIP

TAKE THIS A STEP FURTHER WITH A CORPORATE DISCOUNT FOR YOUR EMPLOYEES WHO JOIN US AS MEMBERS.

BENEFIT DISCOUNTED MEMBERSHIP + PRIVATE MONTHLY CLASS

ON TOP OF A DISCOUNTED MEMBERSHIP, WE WILL HOST A PRIVATE CLASS FOR YOUR EMPLOYEES ONCE A MONTH. WE WILL SWEAT IT OUT AND BUILD SOME TEAM LOVE OVER BARBELLS. THIS IS AN EXCELLENT PACKAGE FOR SMALLER AND EMERGING BUSINESSES.

To start the conversation about your Corporate Wellness Program contact Alan Shaw at alan@rhapsodycrossfit.com

RHAPSODY CROSSFIT

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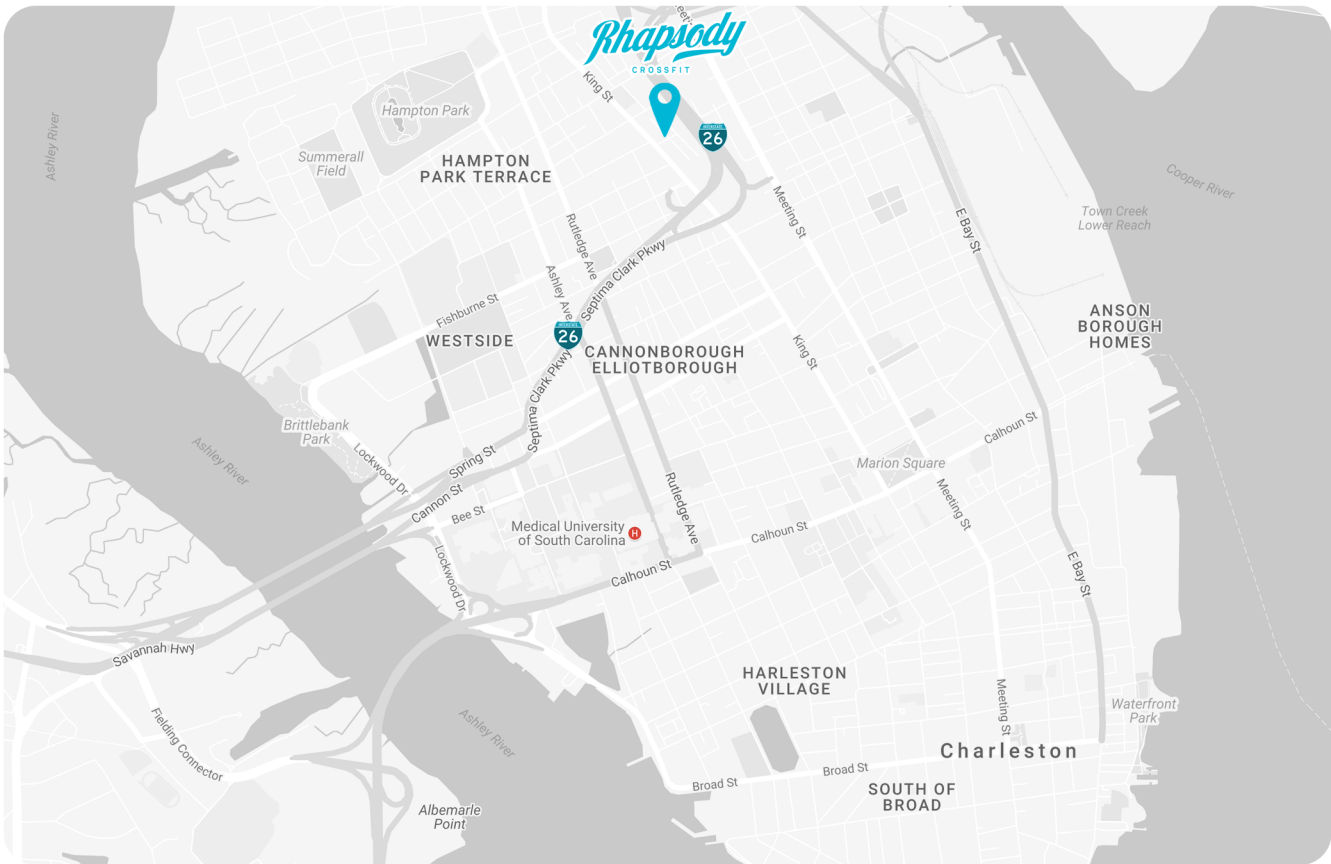
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Rhapsody

CROSSFIT

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(843) 868-2266 INFO@RHAPSODYCROSSFIT.COM



MON-FRI

6AM CROSSFIT
7AM CROSSFIT
9AM SWEAT
10AM-12PM OPEN GYM
12PM CROSSFIT
2-4PM OPEN GYM
4:30PM CROSSFIT
5:30PM CROSSFIT
6:30PM CROSSFIT

SAT

9AM SWEATY SATURDAY
10AM-12PM OPEN GYM

READY TO RAISE THE BAR?



@RHAPSODYCROSSFIT

*SCHEDULE SUBJECT TO CHANGE. PLEASE VISIT RHAPSODYCROSSFIT.COM FOR UPDATES.