



## The right work-life integration

Your contribution to the health and fitness of your workforce

An attractive range of health-related offers in a company has been proven to increase employee productivity and reduce the number of sick days.

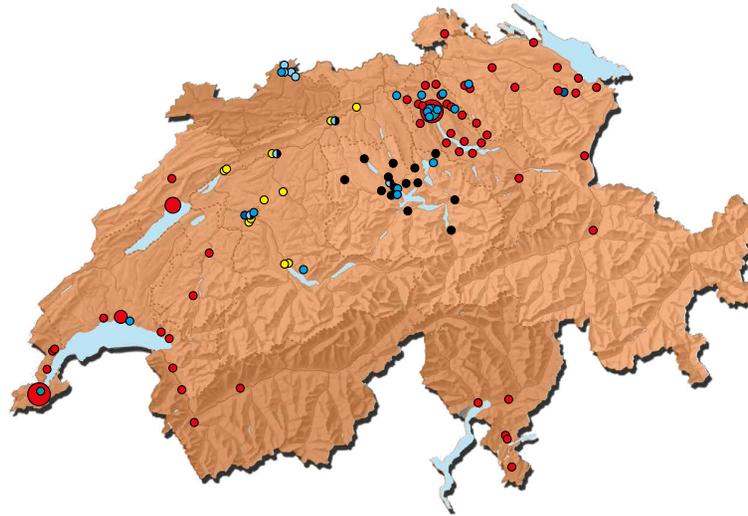
The services offered by Migros Fitness can help you make a crucial contribution to your employees' health.

### The benefits to your employees

- ▶ Reduced membership costs
- ▶ Throughout Switzerland: over 140 fitness centres, wellness centres and water parks
- ▶ Additional wellness and training options in Germany (Munich, Stuttgart, Frankfurt)
- ▶ On-site training at the centres, or at home and on the go with Fitness@home
- ▶ The strengths of a market leader: in-depth experience with expertise in the areas of fitness, wellness and health

migros-fitness.ch

- Fitnesspark
- Migros Fitnessclub
- ONE Training
- Water park
- ActivFitness
- Only Fitness
- Fitness centre



There is always a Migros fitness facility nearby.

You can find a list of all the facilities in the Migros network at [migros-fitness.ch](https://www.migros-fitness.ch). Just click on your preferred facility to go to its webpage.



If you would like a personal corporate fitness offer, please contact Ms Anne-Malin Nicolaisen:  
[Anne-Malin.Nicolaisen@gmz.migros.ch](mailto:Anne-Malin.Nicolaisen@gmz.migros.ch)

migros-fitness.ch

Over  
**140x**  
the variety

**Migros Fitness**  
Fitness solutions for companies

**MIGROS**  
FITNESS

**MIGROS**  
FITNESS



## Fitness solutions for companies and societies or associations

Are you looking for a competent partner for fitness and wellness that operates throughout Switzerland? With over 140 locations across Switzerland, Migros Fitness offers you incredible variety – and we have the perfect online solution too.

Choose between the following offers for your employees:

- ▶ **Migros FitnessCard** incl. Migrosfitness@home: The comprehensive fitness solution for companies who want their employees to enjoy every training option, both on- and offline.
- ▶ **Migrosfitness@home**: The efficient online fitness solution for companies who want to give their employees a flexible, varied and mobile way to train.

## Migros FitnessCard

The comprehensive solution for fitness and relaxation

With the Migros FitnessCard, your employees can access every fitness facility in the Migros network in Switzerland (over 140 locations), plus the 7 Elements studios in Germany.

- ▶ Weight training and cardio equipment
- ▶ Classes
- ▶ Circuit training (use of the eGym, Milon and 4E circuits)
- ▶ Spa and sauna area
- ▶ Nursery
- ▶ Hammam (Elements Stuttgart excl. hammam set, Aquabasilea surcharge: CHF 25/visit)
- ▶ Unlimited access to the online fitness platform migrosfitnessathome.ch with over 1,000 classes from 20 different sports

*Note:* the individual services may vary depending on the location.

### Conditions:

The Migros fitness facilities provide a discount of CHF 100 per employee on the Migros FitnessCard. As the contractual partner (company, society, association) you also subsidise the Migros FitnessCard for your employees with at least CHF 100. The remaining amount will be paid by the employee; part of the amount may be paid by their health insurer.

12-month membership without discount	CHF 1,420
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## Migros Fitness@home

Online, flexible and mobile

The efficient online fitness solution for companies who want to offer their employees a flexible, varied and mobile way to train.

- ▶ Unlimited access to the online fitness platform migrosfitnessathome.ch with over 1,000 classes from 20 different sports
- ▶ New videos are added every month
- ▶ Numerous videos are translated into French and Italian
- ▶ High-quality, professionally staged videos
- ▶ Experienced sports experts and trainers
- ▶ No tedious online searches, no ads
- ▶ Motivational tools: training calendar, personal calorie consumption, statistics, class recommendations and much more

### Conditions:

Your employees benefit from a discount of 20-25%, depending on the number of employees and the preferred contract length. Contact us for an offer.

12-month membership without discount	CHF 96
6-month membership without discount	CHF 66

### A convenient and flexible solution for you too:

We'll support you with internal company communication and administration (generating access codes, invoicing). You can evaluate the usage after the first contractual period – it doesn't extend automatically. Instead, we will discuss how to proceed together with you.