



More Productive Employees

Reduced Absenteeism

Lower Health
Care Costs

A Happier
Workplace

Help Employees

GET FIT





2 Acres of Indoor & Outdoor Resort-Style Fitness

More than 200 fun classes each month such as

Aqua • Zumba • Cycle
Ballet Barre Sculpting
Fit & Fab • Aerobics
Muscle Pump
TRX-Pilates • Yoga
Cardio Circuit
and Much Much More!

- Convenient Hours
- Heated Pool
- Jacuzzi & Sauna
- Class Studio
- Cycle Studio
- Outdoor Track
- Outdoor Fitpark
- Outdoor Boot Camp
- Personal Training
- Massage
- Elliptical Trainers
- Treadmills
- Precor AMTs
- Stairmasters
- Recumbent Bikes
- Cybex Strength
- Free Weights
- Curves Style Circuit
- Clean and Classy
- Air Conditioned



Shirlee's Ultimate Women's Gym

Facilities Two acres of indoor and outdoor fitness facilities in Upland, all recently remodeled, spotlessly clean, with top equipment.

Classes More than 50 classes each week including early mornings and evenings after work. From Aqua to Zumba we have it all.

Philosophy We embrace the power of four: aerobics, strength training, healthy eating and mindfulness. We offer a support for all shapes, ages and abilities. We share positive camaraderie. Working out is fun.

Value No one can beat our price for all that we offer. A full service gym in a resort-like setting for a very reasonable price.

Convenience We are open 365 days a year with **convenient hours**.

How We Benefit Employers

Smart companies take good care of their most important asset: their employees.

What is a Corporate Membership? Companies enroll for free, and we lower the enrollment fee and monthly dues for female employees and female family members of employees. It's simple, and it makes good business sense. **A win-win for everyone.**

More Productive Employees Fit employees perform at their peak. Regular aerobic exercise boosts energy—and sustains it. Strength training builds muscle and flexibility. Both of these elements in a fitness program teach setting and achieving goals, skills needed in the workplace. Being in shape builds self-confidence and promotes leadership. Other benefits include better sleep, improved circulation, lower rates of depression, and reduced stress, all of which lends itself to better focus at work.

Reduced Absenteeism Health experts agree exercise boosts the immune system and makes us healthier. Yet more than half of Americans do not get regular exercise. **When you make it easy for employees to join a gym, you facilitate their staying healthy.**

Lower Health Care Costs Fitness programs not only boost the immune system against colds and flu, they also promote overall health, such as reducing blood pressure, lowering cholesterol, improving insulin sensitivity, helping with weight loss, building strong bones, and even reducing the risk of cancer. **All of which may lower the company's overall health care costs.**

A Happier Workplace Numerous studies show that a regular fitness program changes not only the body, but the mind as well. Happier employees present a positive outlook, work well with others, and generate a positive vibe. **Keep your employees fit, and they will bring out the best in themselves and those around them.**

By partnering with Shirlee's, you support employees and show you care. To learn more, please contact konnies@shirlees.com or call (909) 985-6400 and ask about corporate memberships.

Shirlee's

Ultimate Women's Gym

Upland, CA

M-Th 5 am - 10 pm
Fri 5 am - 9 pm
S-S 8 am - 6 pm

CORPORATE MEMBERSHIP SAVINGS

EMPLOYERS pay nothing to enroll. Shirlee's provides fliers and trial passes to distribute. Employers let employees know how females and female family members can join at a discounted rate.

EMPLOYEES show proof of employment. Employees pay discounted enrollment fee and discounted monthly dues by Electronic Fund Transfer. Female family members of employees may also join.

**Employees and family members must be female to join Shirlee's.

To Find Out More About Corporate Memberships

Please call for details and to make an appointment for a personal tour of our facility. Learn how easy and inexpensive it is for you to help your employees join a gym and get fit.

SHIRLEES.COM
1275 W. Foothill Blvd.
Upland, CA
909-985-6400



Corporate Memberships: a true win-win.