

HEALTHY LIFESTYLE PROGRAMS

Help your employees stay active from anywhere



No matter where your employees want to sweat it out, ClassPass has them covered. We teamed up with industry leader ClassPass to make it easier for your employees to stay active from anywhere. By supporting your employees' fitness goals, you're creating a work culture that promotes more energy, less stress, and improved focus.

What your employees get with ClassPass:

- ▶ **Unlimited on-demand video workouts**
Access to over 4,000 on-demand workouts at no cost on their phone or laptop. Video workouts include HIIT, strength training, cardio, yoga, barre, and more – all from the comfort of their living room.
- ▶ **Livestreams of top-rated fitness classes**
Reduced rates for real-time online classes from top studios and instructors from around the world. Classes include boxing, Pilates, dance, yoga, HIIT, barre, boot camp, prenatal, and more.
- ▶ **In-person gym classes**
Reduced rates for classes at some of the top gyms and fitness studios in their area. ClassPass partners with 30,000 gyms and studios around the world.

Healthy lifestyle programs can help your bottom line

Research shows companies that offer workforce health programs have:*

-  **25% lower health plan costs**
-  **25% lower workers' compensation costs**
-  **25% lower disability insurance costs**
-  **25% reduction in employee sick leave**

To get access to ClassPass, have your employees visit kp.org/exercise

*"Five Reasons Employee Wellness is Worth the Investment," Office of Disease Prevention and Health Promotion, U.S. Department of Health and Human Services, health.gov, May 17, 2017.