

Special Report: **Programming**

fitness MANAGEMENT

ISSUES & SOLUTIONS FOR FITNESS FACILITIES

MARCH 2008

GROUP FITNESS

Pre-Style vs. Freestyle:
The Pros and Cons

INCENTIVE PROGRAMS

Motivate Members
for Additional Gains

SPORTS TRAINING

How to Design Triathlon
Programs for Clients

Inspiring Profits

Strategies for Increasing
Member Participation

PLUS:

- Making Youth Fitness Fun
- Research/Science Update: Climbing
- Purchasing Guide: Aquatics

Google Selects Plus One to Manage Corporate Facilities

PLUS ONE Health Management, New York, N.Y., was selected in October by Google to be its national provider of fitness center management services. In December, Plus One took over the operations of seven Google fitness centers, including four fitness centers in Google's Mountain View, Calif., headquarter's campus; one fitness center in YouTube's San Bruno, Calif., headquarters; and two smaller Google facilities located outside Atlanta, Ga. Additional facilities are in the planning stages.

In addition to transitioning each fitness center, including the assumption of existing employees and redesigning elements of some facilities, Plus One will be integral in launching Google's new fitness brand, "G-fit," and elevating the overall corporate fitness program to meet the needs of Google's expanding employee base. Under

the Google G-fit brand, Plus One will implement customized systems for hospitality, technology and exercise program delivery. G-fit is a key element of Google's overall employee benefit's package. **FM**



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MILITARY

Military Bases Install New Flooring

Three U.S. military bases recently installed Mondo Super X track sports flooring at their facilities. Fort Bliss in El Paso, Texas, the largest U.S. Army Training and Doctrine Command center; Keesler Air Force Base in Gulfport, Miss.; and Fort Bragg, home to paratroopers and special operations personnel in Fayetteville, N.C., had Super X tracks installed.

Mondo also has installations in Fort Hood, Texas, and Luke Air Force Base in Glendale, Ariz. In addition, the Intrepid National Armed Forces Rehabilitation Center at the Brooke Army Medical Center, Fort Sam, Houston, a rehabilitation and



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care facility for injured military personnel, installed Mondo flooring for its sports, track and gait rehabilitation surfaces.

Mondo's Super X track has also been used in the past eight Olympic Games, and was chosen as the provider of the official surface of the 2008 Olympic Games in Beijing. **FM**

Time to rest?

After 25 years of leading the industry some people say that we could rest on our reputation of being the best. We don't consider that an option. At SPRI we will continue to develop and produce innovative professional quality fitness products, just like we have been doing for the last 25 years. If you're looking for the newest products to hit the industry, make sure to check out SPRI's Braided Tubing series and Slanted Risers— both brand new and both available only from SPRI!

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