

ON-SITE FITNESS TRAINING

We would be happy to make you, your employees and colleagues an offer for group training on your premises or in one of our Meridian facilities and put together an individual training program for you.

HEALTH DAYS

Test your coordination on our balance board or learn more about your body composition. With our body scan scale your muscle percentage, body fat, water balance, metabolism age and much more is determined. A short neck and back massage on our mobile massage chair completes the program. We would be happy to come to your company for your health day or organize it for you in one of our Meridian facilities.



SUBSIDIES BY THE EMPLOYER

A subsidy by the employer is possible for 5 or more members. Your company can pay a freely selectable share or the full monthly contribution. Up to € 44 per month may be tax deductible. Ask your tax advisor for more information.

INFO ON COMPANY FITNESS COOPERATIONS & HEALTH DAYS

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Tel. 040/65 89-20 234 | adam.benn@meridianspa.de

YOU CAN FIND US HERE

IN FRANKFURT

Meridian Spa & Fitness Skyline Plaza

Europa-Allee 4 | 60327 Frankfurt/Main | Tel. 069/74 30 765-30

IN HAMBURG

Meridian Spa & Fitness Alstertal

Heegbarg 6 | 22391 Hamburg | Tel. 040/65 89-13 030

Meridian Spa & Fitness Am Michel

Schaarsteinweg 6 | 20459 Hamburg | Tel. 040/65 89-11 030

Meridian Spa & Fitness Barmbek

Fuhlsbüttler Str. 405 | 22309 Hamburg | Tel. 040/65 89-14 030

Meridian Spa & Fitness Eppendorf

Quickbornstr. 26 | 20253 Hamburg | Tel. 040/65 89-12 030

Meridian Spa & Fitness Wandsbek

Wandsbeker Zollstr. 87-89 | 22041 Hamburg | Tel. 040/65 89-10 030

IN BERLIN

Meridian Spa & Fitness Spandau Arcaden

Klosterstr. 3 | 13581 Berlin | Tel. 030/33 89 06-30

IN KIEL

Meridian Spa & Fitness Sophienhof

Sophienblatt 20 | 24103 Kiel | Tel. 0431/200 07-30

www.meridianspa.de



Registered office: Meridian Spa & Fitness Frankfurt GmbH
Wandsbeker Zollstraße 87-89 | 22041 Hamburg



**Company
Fitness
Conditions in
Frankfurt**

FINALLY SAVINGS THAT MAKE A DIFFERENCE

YOUR HERE AND NOW

More quality of life begins with a positive body feeling and balance. Simply shake off the everyday life and the job and you feel again your own balance.

Train your endurance in the **fitness area** by using the numerous cardio devices. Find out more about strength and mobility in the functional and in the equipment area or make use of the large selection of power and relaxation courses. A detailed initial check as well as regular trainer appointments are included in the membership fee.

The pools in the **wellness area** invite you to relax. Sunny roof terraces and Japanese gardens offer pure relaxation. And the spacious sauna areas with various saunas, whirlpools, warm air and steam baths as well as Kneipp pools make you forget the daily grind.

The offer in the Meridian is rounded off by effective beauty treatments, vitalizing massages and traditional Ayurveda treatments in the **Face & Body Day Spa**.



Additional information may be found at
www.meridianspa.de.

BECOME A MEMBER AT SPECIAL CONDITIONS

You can obtain the reduced company fitness conditions from our sales staff upon presentation of your employee ID or an employer's certificate.

If you are already a Meridian member, you can simply have your contract rewritten there and thus also profit from the favorable company fitness conditions.

For further questions about our services, please contact the sellers in your Meridian location under the telephone numbers mentioned below.



DETERMINE YOUR COMPANY'S FITNESS CONDITIONS YOURSELF

The more colleagues join together, the cheaper your Meridian membership will be. Example: If you and at least nine other colleagues become members of the Meridian, your company receives the Company Fitness Category 1 and thus the stated benefits.

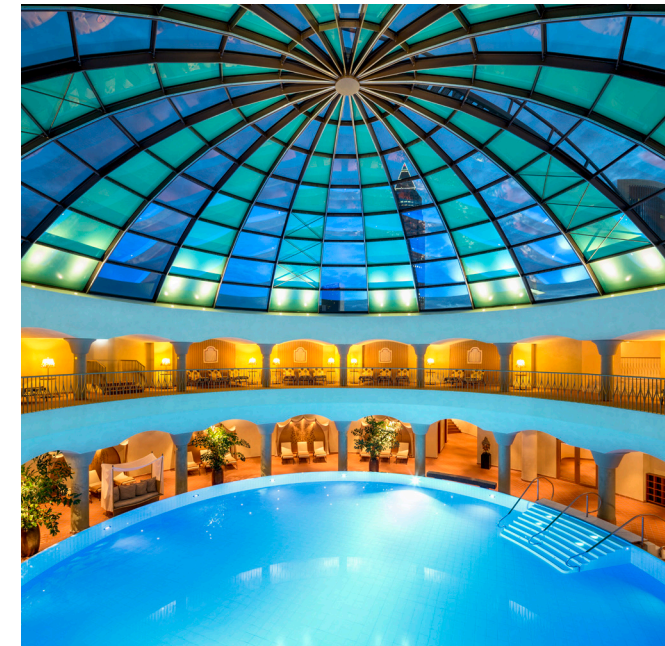
Together fitness and wellness are twice as much fun – and save money! See for yourself.

YOUR FIRM FITNESS CONDITIONS

PLATINUM CARD

- Use of all Meridian facilities
- Contract term is 12 months

Company Fitness Category	Number of members	Admission fee	Monthly fee
0	to 10	100 €	105.00 €
1	10 – 24	75 €	98.70 €
2	25 – 49	75 €	96.60 €
3	50 – 99	75 €	94.50 €
4	100 – 249	50 €	92.40 €
5	from 250	50 €	90.30 €



Prices as of June 2019, according to the current price list for the Meridian Skyline Plaza.