

Worksite Wellness

Employees today are more stressed out than ever before and exercise is a great way to reduce stress. Exercise also helps you feel more energetic, avoid illness, and be more productive at work. But the number one reason people don't exercise is because they say they don't have time.

The LCARC's Working Well program brings wellness to your workplace, making it easy and convenient to fit in exercise.



Recharge during your lunch break with a yoga or pilates class!

621 W. Nathan Street
Lake Crystal, MN 56055

Phone: 507-726-6730
Email: www.lcarchf@hickorytech.net

Lake Crystal Area Recreation Center



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Tel: 507-726-6730

Working Well Program



Working Well

The Lake Crystal Area Recreation Center's worksite wellness program provides on-site services to help make healthy lifestyles easier to achieve.

We offer a variety of on-site group exercise classes making it convenient to squeeze fitness in before work, at lunch, or right after work.

We also offer group lectures on various topics including but not limited to: Exercise as Medicine, Stress Management, Back Health at Work, and Weight Management.

This program can be tailored to meet the specific needs, interests, and concerns of the individuals in your workplace.

To schedule a program for your workplace please contact:

Stephanie Pipal
Health and Fitness Coordinator
Lake Crystal Area Recreation Center
507-726-6730
www.lcarchf@hickorytech.net

Services

Body Composition Assessment	\$15 Per person	45-minute Boot Camp class	\$25
Wellness Workshop	\$40	45-minute Cardio Kickboxing	\$25
Hour Long group lecture on topic of your choice.			
Lunch & Learn	\$25		
30-minute group lecture on topic of your choice			
60 minute Pilates or Yoga class	\$35		
30 minute Pilates or Yoga class	\$25		
30 minute Stretching Class	\$15		
45-minute Toning Class	\$25		
45-minute Drums Alive! Class	\$40		

- Some class sizes limited due to equipment availability
- Prices may be subject to change depending on number of participants
- Call for more detailed explanations of classes

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