



FIT NEWS

July 2008

116A Seaton Center • Lexington, KY 40506-0219
www.uky.edu/HR/wellness • (859) 257-WELL (9355)

Payroll Deduction Coming Soon!

BODY SHOP
UNIVERSITY OF KENTUCKY
HEALTH & WELLNESS PROGRAM

Payroll Deduction Enrollment Form

Name: _____ Date: _____
Last 4 digits of SSN: _____ Body Shop Key Tag: _____
Please indicate: Employee _____ Spouse _____ Sponsored Dependent _____
Dept: _____ Address: _____
Speed text/Zip: _____ Work Home Phone: _____
Email: _____ Please circle: Bi-weekly/Monthly _____
Emergency Contact: _____ Emergency Phone: _____

I want to join Body Shop Fitness only. (\$7/week)
 I want to join Body Shop Fitness as a coach with the Johnson Center. (\$20/week, a 30% discount)

I certify that the information above is true and correct to the best of my knowledge and I accept the terms set forth by the University of Kentucky Health & Wellness program regarding payroll deduction for Body Shop Fitness. I understand I must sign up for a minimum of three months and will sign and submit a authorization form to start the membership and the payroll deduction at each time.

UK Person ID: _____

Employee signature: _____
Print Employee Name: _____
(If spouse or sponsored dependent, employee must sign for payroll deduction.)
Spouse/Sponsored Dependent signature: _____

Being a member of Body Shop Fitness is about to get even easier. Beginning in September 2008, Body Shop Fitness will collect membership fees via payroll deduction. We are excited to offer this service, which will save you the time and trouble of having to re-enroll each semester. Once you're signed up for payroll deduction, all you need to do is register for group fitness classes, if you choose to participate. Payroll deduction is **required for ALL UK employees and their spouses/sponsored dependents. Retirees and retiree spouses will continue to pay by check or cash.**

Fees will be deducted from member paychecks on an after-tax basis. Fees for a spouse or sponsored dependent will be deducted from the UK employee's paycheck. In other words, if your husband is a Body Shop member but does not work at UK, his fees will come out of your (UK employee) paycheck.

There are a few other changes coinciding with payroll deduction. For one, we will no longer base our schedule on semesters, which will allow more flexibility. The fee for Body Shop Fitness will increase to \$7 per month or \$3.50 per biweekly period. However, **all Mindy/Body classes will be**

FREE for Body Shop members. In addition, there will be a three-month minimum membership requirement for ALL members.

Body Shop Members can also take advantage of this opportunity to join *both the Johnson Center and Body Shop Fitness for only \$20 per month.* This reflects a 30% discount versus regular fees.

It's easy to make the switch. Just pick up a **Body Shop Payroll Deduction Form** in either gym or in the main office or download it from our Web site at www.uky.edu/HR/wellness. Complete and return it to us by **Friday, August 15, 2008** to ensure continuation of your membership. If you have any questions, feel free to give us a call at (859) 257-9355.

We are listening to you! New equipment in both gyms.

The Body Shop has fulfilled another participant suggestion. We now have a new elliptical in Alumni and a new Treadmill in Seaton.



FIT BODY + FIT MIND = WELLNESS

Calendar

Need help meeting your weight loss goals?

Did you know that about 80% of Weight Loss Matters participants who complete a 10-week cycle achieve their weight loss goals? New classes begin Tuesday, July 15, or Thursday, July 17. **The registration deadline is July 11, and class size is limited.** For more information or to print a registration form, visit www.uky.edu/HR/wellness/weightlossmatters.html.

Farmer's Market Tuesdays Continue!

We're going to the Farmers Market during lunch each **Tuesday** in June, July, and August, and we want you to come along. The bus ride is **FREE**, and you can't beat the market for the freshest fruits and veggies in town. For more information, visit www.uky.edu/HR/wellness/farmersmarket.html.



Body Shop Summer Hours

May 5 through August 23

- Alumni hours will remain the same.
- Seaton will have extended lunch hours from 11:30-1:30 p.m..

Body Shop Fitness will be closed:

- July 4 -5
- August 25-30

Find gym hours online at www.uky.edu/HR/wellness/gymhours.html

We appreciate YOU!

Come to the Body Shop, including group fitness classes, in **July** and you are eligible to win free prizes!

No sign-ups, registrations, or fees!

Drawings during every shift at both gyms and group fitness classes!
You must be present to win.

Thank you to all of our faithful Body Shop members!

