



More Corporate

What's included?

Activity	Included
Public Swimming	✓
Group Swimming Lessons (1 per week)	✓
Fitness Classes	✓
Aqua Aerobics	✓
Courses	✓
Multi Gym/ Mini Gym	✓
Zenith Gyms	✓
Zenith Gym Induction	✓
Steam/Spa	✓
Squash (per person)	✓
Table Tennis (per person)	✓
Badminton (per person)	✓
Snooker	✓



How can it benefit me?

Become a Corporate MoreCard member and get access to all 11 Rhondda Cynon Taf Leisure Facilities. We have 10 gyms and more than 100 fitness classes per week.

There are many benefits for your department / team /section to joining The Corporate MoreCard, you will feel better after making the change!

- Industry loses approx. £13 billion every year due to sickness
- 171 million working days are lost each year through sickness
- The average worker will have at least 8 days sickness each year.

Health and Fitness can: -

- Reduce absenteeism
- Increase quality and performance
- Increase productivity and creativity
- Increase morale and loyalty
- Reduce stress
- Improve internal and external company imager
- Improve employee self confidence

So what are you waiting for, get you and your staff **more active more often!**



What do I do next?

Once you have contacted us, we can pay a visit to your company and explain the scheme in more detail to you.

We can go through your options for signing up and get the ball rolling for a happier workforce!

Contact John Hancock on 01443 490211

Or e-mail John.Hancock@rhondda-cynon-taf.gov.uk



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