

# Fit for Success

**Fit for Success** is a program offered through the partnership of Murfreesboro City Schools and Murfreesboro Parks and Recreation. The goal is to provide MCS staff with the tools to obtain and maintain a healthier lifestyle.

Through Fit for Success you will have access to Sports\*Com and Patterson Community Center facilities to utilize the following:

- Tracks
- Cardio machines
- Weight room/equipment
- Group exercise classes
- Basketball/racquetball
- Swimming pools
- Fitness Assessments and more!

**ONLY PAY THE PAYROLL TAXES ON  
\$157.50!**



*\*This partnership is considered a taxable benefit to all MCS employees. You will be taxed on this benefit based off your IRS tax filing.*

## OPEN ENROLLMENT AUGUST AND JANUARY

*The decision to participate in the City of Murfreesboro Worksite Wellness Program lies solely with the employee. It is a voluntary decision and is not a requirement or condition of employment. The city will in no way be responsible for an adverse effect, accident or reaction experienced as a result of such participation. All information gathered during testing and part of the health survey process will be used by the City for program design and evaluation only.*



### To Register:

- Obtain a registration form online or from Coordinated School Health
- Complete form and submit to Coordinated School Health
- Once form is submitted you will receive a confirmation form. Take the confirmation form to Sports\*Com to obtain an ID card that will allow you access to either facility.

### Once you're signed up remember:

- Each time you exercise you must swipe your card with the front desk personnel upon arrival and departure
- All activities must be completed during non-working hours at Patterson Community Center of Sports\*Com
- Set up an appointment for a weight room orientation to familiarize yourself with the facility.



For more information or to register visit:  
[www.cityschools.net/departments/csh](http://www.cityschools.net/departments/csh)

Or contact Autumn DePriest, CSH Wellness Coordinator, at:  
[Autumn.DePriest@cityschools.net](mailto:Autumn.DePriest@cityschools.net)