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OhioHealth Corporate Fitness Center: Startup BMW Site

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Practicum Goals

- Expand my horizon in this subject and transfer my academic knowledge into practical skills by participating in OhioHealth training program and team meetings.
- Prepare for my future career development
- Improve my interpersonal skills and the ability to handle urgent situation
- Gain better insight of the industry and futuristic changes.

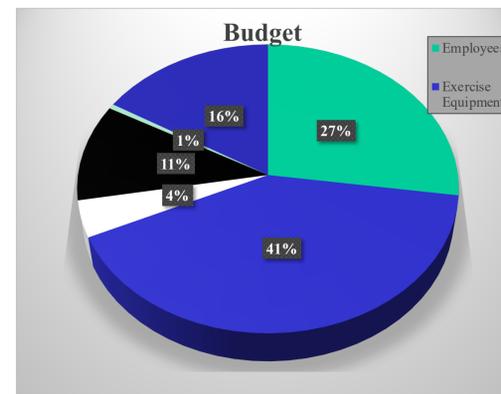
Project Introduction

This project proposal aims to start up a fitness center locating at two new sites of BMW. This project will provide BMW details recommendation on designing and constructing exercise space, ordering equipment, developing budget, hiring staff, creating schedule and content of group class and programs being delivered, and contributing an ideal working environment.

Constraints & Details

Budget: \$200,000 start up (Employees, fitness equipment, programs); Employees: 4-5k employees total between two buildings; Buildings: 2; Space: 500 sq. ft.

- Space Design : All equipment will be categorized in Cardio and Strength Section. Even though no showers is able to fit in the limited space, a isle of lockers will be place at the entrance.
- Promotion : To encourage more colleagues to join the gym, the 1st month fee will be waived for all colleagues, and they are allowed to quit during trial.
- Class Design : The class will cover women and men health, sleep assistance, stress reduction.
- Quality assurance : To conduct quality control, monthly reports will be delivered to and bi-yearly meetings will be hosted with BMW leaders.



Fitness center Template

- Expenditure
 - Employees for both sites: Full-time Manager*1-\$35/hour. Part-time EP*5 \$20/hour Part-time Front Desk*3 \$15/hour. Group class instructor: \$20/hour. Monthly payment estimate: \$17,200~\$20,000
 - Exercise Equipment for both sites: \$30,000
 - Office Equipment for both (desk, computer, printer, supplies, etc.): \$3000
 - Flooring for both (gym and office): \$8000
 - Cleaning Supplies for both sites (equipment wipes, etc.): \$400/month
 - Others (towels, television*4, mirrors, fans*8): one-time payment \$12000

Class Schedule Template

BMW	Mon	Tue	Wed	Thur	Fri
Morning	Yoga	Cardio and Core	SilverSneakers	Tai Chi	Pilates & Yoga
Noon	TRX	HIIT	Yoga	Cardio Dance	Total body Strength
Afternoon	Balance	Mediation	Lower body move	Upper body move	Cardio Dance
After Work	Total body Strength	HIIT	Zumba	Hot Yoga	Cardio and Core
	Zumba	Hot Yoga	Cardio and Core	HIIT	Total body Strength

Lesson Learned

- Gained valuable experience in project management. I participated in budget and schedule control.
- Improved my written and oral interpersonal communication skills and comprehending the core-value of customer service.
- Understand the working environment in a cross-functional team and able to coordinate multitasks simultaneously.
- Combine my academic knowledge with work practices.