



**CREATING HEALTHIER
COMMUNITIES**





TABLE OF CONTENTS

Our Company Profile

Our Services:

Health & Wellness Business Planning

Project Development

Management Consulting Services

Operational Assessments

Community Partnership Projects

Our Team

Published Articles

Projects





Our Company Profile

IBIS Enterprises is a national business and facility development company. Our team of professionals has extensive experience in healthcare, wellness, fitness, recreation, business development, strategic planning, project management, marketing and sales, business management and operations.

Our full-service team provides business planning/feasibility, project implementation and development, financing, ownership structuring, marketing and sales and full-service operations management consulting services to plan, develop and manage a successful and financially viable health and wellness center in your community.

Our Services

IBIS Enterprises professionals have extensive experience in the healthcare, wellness, fitness and recreation development fields. We have experience working with healthcare providers, higher education, K-12 school districts, mixed-use developers, senior communities, municipalities and other organizations across the country. Our team has successfully developed health and wellness centers affiliated with community and rural hospitals, major medical centers, multi-specialty physician groups and integrated healthcare delivery systems. We can provide the business planning/feasibility, project development, financing, ownership structure, business operations and other services needed to develop and implement a successful and financially viable community health and wellness project.

Health & Wellness Business Planning

The first and most important step in the development of a health and wellness center is the business plan and feasibility study. As a result of conducting the feasibility analysis and developing a comprehensive business plan, the necessary information to make an informed decision as to whether or not to proceed and make a commitment to develop a health and wellness center is achieved.

The four month process and tasks to complete the comprehensive Business Plan includes:

Months One & Two

Market Assessment

To fully assess the extent of the market area's potential to support a health and wellness center, IBIS utilizes several diverse analysis methods. The market area is defined by establishing acceptable drive time/distances from the proposed site, taking into consideration natural barriers and area-specific driving patterns. Other site factors that are considered include cost, size/configuration, accessibility, buildability and surrounding land uses.

The demographic analysis includes an analysis of household lifestyle groups, other specific market household data and community sports participation data. Beyond the demographic analysis, IBIS assesses the market area's recreational and fitness supply and demand by comparing the area's competitive fitness facility inventory.



IBIS conducts an extensive telephone consumer survey with approximately 175 area households to determine factors such as specific consumer acceptance levels, current fitness activity levels, amenity preferences and price points.

IBIS also conducts in-person and telephone one-on-one interviews with a key group of community leaders and potential community partners. The consumer survey and community interviews provide qualitative information that help determine the specific programming needs for the health & wellness center.

The community interviews also provide critical information that help to determine the community partnership model for owning and operating the health & wellness center. These community partners may include healthcare providers, K-12 schools, municipalities, trade schools and colleges and universities. These partners may contribute capital and/or offer programs and services within the Center. Demand projections utilizing the various methodologies will be based upon the information in the Market Analysis phase.

Since our health and wellness centers integrate fitness, recreation, wellness, rehabilitative, clinical and medical services, a population health management assessment and outpatient feasibility analysis is also conducted as part of the market assessment. IBIS compiles a detailed assessment of the market area health using historical volumes and operational costs for the proposed outpatient services and prevalent health issues such as chronic diseases.

Based upon the findings and analysis during the market assessment, the projected membership capacity and associated membership categories, health assessment and health & wellness membership fees are established.

Months Two & Three

Programming Overview and Conceptual Design

Program planning utilizes the market assessment findings to determine the need for specific programs and services based on the defined market and targeted populations. Specific emphasis is placed on clinical, fitness, recreation, medical and wellness programs which are designed to meet the community needs. These programs and services will vary depending upon the existing program offerings in the market area. The specific consumer survey and community interview findings provide key information for the program overview and conceptual design phase.

Programming analysis and selection includes health & fitness programs as part of the membership fees; ancillary and special programs; other retail-based services and various programs and services to complement the health & wellness center amenities. The selection of furniture, fixtures and equipment, including the fitness and outpatient area equipment is determined based upon the specific programs and services. Leased and member-based spaces are determined as part of the programming overview process.

Once the programs and services have been analyzed and defined, an architectural conceptual space plan, or block plan, is developed demonstrating the square footage requirements, location and relationships and adjacencies for the various membership and ancillary programs and services. These plans are utilized to generate the capital budget.



The preliminary conceptual plan is the first step in the design process. Once the project is approved, design development documents and construction drawings will be prepared for approval. Conceptual design plans are refined and fine-tuned as part of the development process to complete the final design.

Ownership Options/Model

A critical component of the business planning process includes analyzing and developing business and facility ownership options to determine final ownership entities. Existing community partner options would be analyzed based upon existing corporate structure(s) and ownership and financing objectives.

The ownership entity is structured to avoid or minimize regulatory issues, to facilitate financing and to limit tax burden. There are a variety of ownership structures which have been successfully utilized for health and wellness centers. Some of these include: not-for-profit, for-profit, joint venture and third party investment models. A recommended facility and business ownership model will be developed to specifically meet the needs of this Center.

Financing

Financing options derived from a wide variety of financing packages would be developed in response to the financial objectives and the parameters of the recommended ownership structures. Lenders and/or equity sources who are interested in funding the project with its proposed terms and conditions are identified. Once the project is approved, specific proposals from several interested lenders are obtained. If equity partners are necessary and/or desired, they are identified and presented as part of the overall financing strategy.

Months Three & Four

Marketing and Sales

During the business planning process, a preliminary high-level marketing and sales strategy is developed. This strategy and plan will be tailored to the specific market area once the project has been approved for development. Marketing and sales are critical to the success of the health and wellness center.

Through the marketing, public relations, advertising and sales efforts, consumers are educated regarding the value-added amenities, features, programs and services which differentiate this center from other community offerings. During the pre-opening phase, approximately four months prior to the grand opening of the Center, consumers will have the opportunity to become educated regarding the benefits of medically-based health & wellness services and purchase pre-opening memberships.

Financial Projections

As an essential component of the business planning process, and prior to final approval of the project, financial projections are developed. The financial projections are based on the volume forecasts developed in the market analysis and feasibility study. Components of the revenue



estimates include membership based fitness revenues, clinical and medical and other revenues such as food and beverage, fitness training, and specialty programming.

In order to estimate an achievable operating margin, a comprehensive expense analysis is also completed. Key expenses include labor costs, utilities, debt service, marketing and supply costs. Operating statements are developed based on five year estimates.

Also critical to the financial projections are the capital costs associated with facility development. These costs include construction, design and development, furniture, fixtures and equipment, and start-up working capital. Capital cost estimates are developed based on the preliminary conceptual design and local building cost estimates.

The primary intent of the financial projections is to provide a set of financial statements ready for review by any potential third party investor, lending institution or bond financing. The analysis is complete and thorough, therefore enhancing the confidence level associated with the projections.

Regulatory Issues

A preliminary assessment of the regulatory approvals required to develop the health and wellness center will be conducted as part of the business planning process. Included in this assessment is the identification of all restrictions, requirements, fees and application deadlines. The process is also used to develop municipal support for the proposed health and wellness center with the area residents and municipal officials.

Development Schedule

A detailed development schedule is provided as part of the business plan. This schedule outlines the timing of the high-level tasks and responsibilities needed to complete the project, along with key milestones. The business planning timeframe, along with facility and business development typically encompass a period of approximately eighteen to twenty-four months. The variability stems from the internal and local/municipality approval processes as well as the complexity of the facility.

Month Four

Internal Approvals

Upon completion of the comprehensive business plan, the internal approval process ensues. IBIS will prepare educational presentations to effectively present the business planning analysis, findings and recommendations. These professionally prepared materials should be utilized throughout the various approval phases from senior management to Board Committees and final Board approvals.

Project Development

Upon completion of the formal approval process for the Business Plan, the development phase commences. This phase involves the implementation of the business plan to include all of the tasks required to reach grand opening. These include final program planning, the completion of



architectural and engineering documents, the orchestration of construction activities, regulatory approvals,

Pre-opening marketing and membership sales, staff recruitment, orientation and training; operations plans, information systems, policies and procedures; member orientations and grand opening events. The development phase involves the full-time efforts of a team of specialists who provides quality control oversight, and guarantees an on time, on budget project that meets forecasted membership goals. The myriad of details and tasks must be carefully monitored on a daily basis to ensure a successful center.

Management Services

As part of the development services, we will remain involved in overseeing the operations for a period of six months to ensure that all of the systems, staff placements and overall operations policies and procedures are working properly.

Upon completion of the development phase, some of our clients request that we enter into a management services agreement. An operational management agreement can vary from one year to several years depending upon the needs of the client. Operational management services include: staff supervision; financial management and budget controls; quality assurance; service excellence administration; and marketing and sales.

For some projects, IBIS will plan, develop, own and operate centers on behalf of our clients.

Operational Assessments - Existing Underperforming Centers

For clients who operate an existing underperforming center and are having operational issues that may be adversely affecting financial performance and customer satisfaction; or may be experiencing high staff turnover, an internal operational assessment can be conducted. The operational assessment, or facility evaluation, can be extremely comprehensive and exhaustive.

A typical engagement will evaluate the following:

- the physical facility from a programmatic and financial productivity perspective;
- current fitness and wellness programs and services;
- human resource allocation;
- equipment condition and capital needs;
- sales and marketing plans, including retention strategy and service satisfaction;
- other areas as needed to properly and comprehensively assess current operations and performance shortcomings

Once the assessment is complete, IBIS will include conclusions and recommendations to improve overall facility performance.

Our Track Record Speaks for Itself

IBIS Enterprises offers a team of professionals with industry experience that includes a successful track record of business planning, facility development and operational performance. IBIS professionals have led the development of a variety of financially and operationally successful comprehensive health, wellness and fitness facilities across the United States. In addition, many business plans have been completed and management consulting services have been provided to existing centers in need of specific business and operational services.



Community Partnership Projects

As we know, with the emerging changes occurring in the healthcare industry, healthcare providers, physicians, insurance companies and other community health organizations are seeking strategies that deliver consumer-centered, value-based healthcare services with measurable outcomes.

Population health management describes healthcare providers working proactively with a defined segment of the population in an effort to collaboratively address health risks and overall well-being.

Some interesting statistics:

- More than two-thirds of American adults are overweight or obese;
- Nearly 8 in 10 seniors are living with one chronic illness and 50 % have two or more;
- Adults 65 and older spend twice as much as those 45-64 on healthcare annually

Source: Centers for Disease Control and Prevention

Our nation needs to move from a healthcare system that is based on treating illness to a prevention/wellness-based system. Healthcare doesn't only occur in our hospitals and physicians' offices. It occurs in everything that we do: where we live, where we work and where we play.

Prevention and wellness and encouraging people to be healthy begins at the community grass roots level. Healthcare providers working together with other community organizations such as school districts, colleges and university, municipal parks and recreations departments have tremendous potential to make a significant difference.

Healthcare providers need to implement an integrated strategy with an emphasis on prevention / wellness and population health management to meet the challenging demands of consumer-driven healthcare and the new reimbursement models. These services need to be grounded in evidence-based medicine and prevention to improve the health status of communities.

IBIS Enterprises, a national business and facility health/wellness/fitness development firm, has been developing community health partnership projects for many years.

As an example, in 2000, we developed **The Fitness Complex, in Chicago Heights, Illinois**, a diverse socio-economic community. Three community partners: St. James Hospital, Prairie State College and the Chicago Heights Park District began the journey to change healthcare behaviors with a 72,000 square foot community health partnered center. Today, with over 6,600 members, this community center continues to offer wellness, prevention, disease management, rehabilitation, fitness and recreation programs. They have made a difference in their community.

Opened in 2012, the **Choice Health & Fitness Center, Grand Forks, North Dakota**, exemplifies a true community partnership. The Grand Forks Park District, Altru Health System and the Altru Family YMCA worked cooperatively with a total of 12 community partners to



develop this 162,000 square foot facility, housing recreational and health & wellness programs developed in response to the needs of the community.

The first step begins with a comprehensive business plan which identifies potential community partners, provides a thorough market feasibility assessment, ownership and financing options, capital and operations budgets and other important components to address the critical issues which contribute to the success of these projects.

These community partner projects serve as one of many tools that can assist healthcare providers and other community leaders with addressing population health management initiatives, conserve and combine community resources and contribute to the community's economic development goals.

Our Team



Donna F. Jarmusz
President, IBIS Enterprises

Donna F. Jarmusz possesses thirty years of extensive healthcare experience. As a healthcare administrator, Jarmusz held senior management positions in operations, business development, strategic planning, marketing and development/fundraising. As a leader in health and wellness, Jarmusz developed the first free-standing health and fitness centers in the Chicago, Illinois area in 1988 for Edward Hospital.

Jarmusz has developed numerous healthcare services and projects, such as ambulatory care centers, health and wellness centers, hospital-physician joint ventures, centers of excellence in oncology, cardiology, orthopedics, neurosciences, women's services and plastic surgery; sports performance centers; rehabilitation centers; practice management services; medical office buildings and hospital-physician organizations utilizing her strategic planning, business development, marketing and operations expertise.

As the founder and president of [IBIS Enterprises](http://www.ibis-enterprises.com), a national healthcare business and facility development company specializing in turnkey health and wellness centers, Jarmusz possesses a successful track record, having developed twenty five successful integrated outpatient health and wellness centers to date for healthcare systems, colleges and universities, municipalities, senior



living, and parks and recreation entities. IBIS has achieved a 100% success rate in attaining financial viability for all centers. All projects were completed on time and on budget.

Working with park districts, parks and recreation, municipalities, colleges and universities, healthcare providers and other community organizations, IBIS has developed numerous community partnership projects focused on health, fitness, recreation and wellness as multi-generational community destinations. Jarmusz has also developed the Health & Wellness Village, an innovative health and wellness focused outpatient destination that serves as a tool for population management and value-based accountable care.

Jarmusz is also the founder and president of [We Grow Dreams](#), a not-for-profit organization that owns and operates a retail and wholesale greenhouse/garden center on 5 acres to provide job training and employment opportunities for young adults with intellectual and physical disabilities.

Jarmusz has a Bachelor of Arts degree from Marquette University and a Masters of Arts degree from Boston College. She is a member of the American College of Healthcare Executives, the Medical Fitness Association and the American Hospital Association Society of Healthcare Strategy & Market Development.



Jeffrey A. Newkirk, MBA, EdD
Senior Wellness Consultant

Jeff Newkirk is a 25+ year veteran of the health and fitness industry. Newkirk has held various administrative and consulting capacities within healthcare and health & wellness fields. During his career in the health and fitness industry he has been responsible for the management and development, or has been the lead consultant to approximately 30 different facilities.

Newkirk has managed multiple medically based health and fitness facilities. Two of the facilities with which he was in an administrative capacity received customer service recognition, as well as a Club Industry Top 100 honor.

In addition to on-site facility management, Newkirk has held administrative responsibility over multiple sites while working for Health Fitness Corporation. Newkirk was also responsible for consulting engagements that included business plan development, as well as operational assessments.

After receiving a BS in Business Administration from Valparaiso University in 1986, Newkirk continued his education earning an MBA Degree from the University of Iowa in 1989. In 1997, he received his doctorate from the University of Northern Colorado where his research emphasis



was based on deriving a relationship between health and fitness facility success and management strategies utilized. His primary research objective was to develop a facility “success factor ratio” that represented an aggregate of multiple core management functions. Newkirk’s effort to more closely meet his original research objective continues on to this day.

Newkirk has managed multiple medically based health and fitness facilities. Two of the facilities with which he was in an administrative capacity received customer service recognition, as well as a Club Industry Top 100 honor.

In addition to on-site facility management, Newkirk has held administrative responsibility over multiple sites while working for Health Fitness Corporation. While at Health Fitness Corporation, Newkirk was also responsible for consulting engagements that included business plan development, as well as operational assessments.

Newkirk has worked with the IBIS team of professionals on various project teams for the past eleven years. Newkirk helped lead the effort to develop a comprehensive facility for St. Bernards Medical Center in Jonesboro, Arkansas. This facility has since been recognized as one of the leading health and fitness facilities in Northeast Arkansas. Newkirk worked on the team to develop a new health and wellness center at Florida Hospital Wesley Chapel.

During Newkirk’s career in the health and fitness industry he has been responsible for the management and development, or has been the lead consultant to approximately 30 different facilities.

Newkirk has also spent time as a member of the adjunct faculty at Northern Illinois University, and has multiple publications and presentations on the use of various core management tools and principles in health and fitness.

JOHN LEE, MBA **Senior Research Consultant**

John Lee's market research, marketing, strategic planning and management experience spans over forty years and a variety of industries. He has designed marketing plans and strategies for businesses large and small; hired trained and managed sales forces; facilitated and developed strategic plans; conducted over fifteen hundred focus groups and countless executive interviews; designed and managed numerous market surveys; and worked effectively with diverse groups and organizations.

John's marketing expertise has been recognized by local and regional ADDY's, the American Marketing Association Pinnacle Awards and also in such publications as The Wall Street Journal, Hospitals, Advertising Age, Medical Economics and Marketing News.

Past positions held include president of a market research firm (subsidiary to an advertising agency); chief operating officer, vice president - strategic services, and marketing director for an advertising agency; founder and publisher of a weekly newspaper with a circulation of over 20,000; president and founder of a nationally recognized health care marketing consulting firm; and marketing director at both a university medical center and a major acute care hospital.



John holds a Masters in Business Administration from Rockhurst University in Kansas City, Missouri and a Bachelor of Science in Business Administration from Washington University in St. Louis, Missouri. In addition, his community efforts over the years have been recognized by such civic organizations as Nebraska Special Olympics, the Boy Scouts of America, the Omaha Bar Association, and Landmarks, Inc.

John served in the United States Army, 3rd Infantry Division (1970-1973) and received an Honorable Discharge (1986) with the permanent rank of Captain.



Sheila Roche
Senior Public Relations Consultant

Sheila Roche is a veteran business writer and editor with more than 40 years of experience in multiple industries. Over her career, Sheila has written about healthcare real estate development; healthcare reform; healthcare business; electronic healthcare records; the graying of America; commercial finance; international finance; securities markets; CMBS; construction; green issues; LEED certification; urban planning issues; commercial, industrial and residential real estate development; infrastructure issues; and investment, among others.

She spent 17 years as Editorial Director of Alter+Care/The Alter Group, a privately held national healthcare and commercial real estate development firm. As chief copywriter, her portfolio consisted of brochures; website copy; collateral materials; the Alter Inspire healthcare & Alter NOW blogs; byline articles and press releases.

Previously, she spent more than 20 years as Account Supervisor for The Hanlen Organization, a general public relations firm representing diverse Chicago-area firms. As Editorial Assistant at the Chicago Tribune, Sheila was a copywriter, copy editor, makeup editor for the daily newspaper's residential real estate, lifestyle and home décor sections.

A graduate of Northwestern University's Medill School of Journalism, Sheila had a dual major of journalism and history. Sheila is the winner of two Golden Trumpet Awards, an annual competition sponsored by the Publicity Club of Chicago.

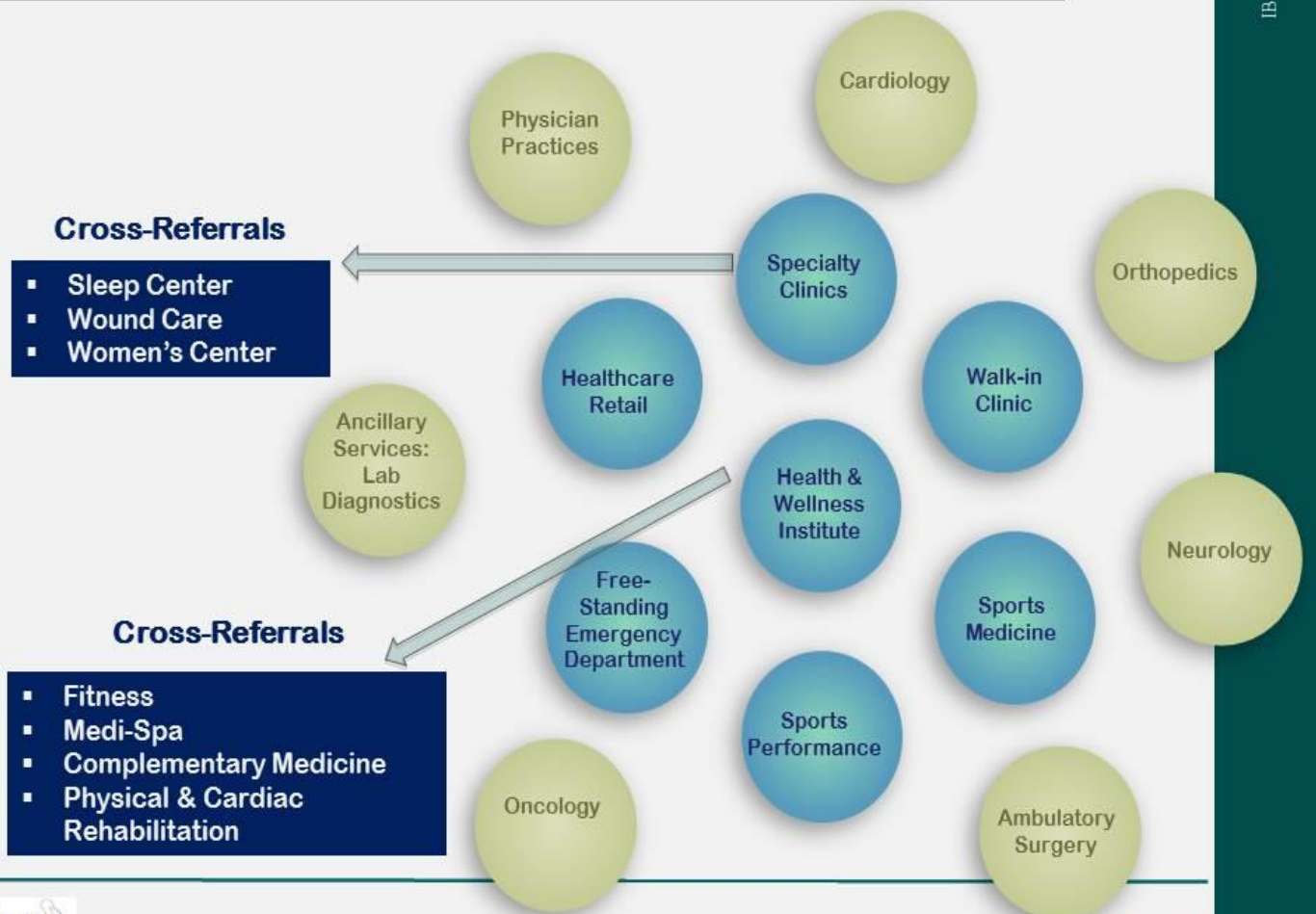


Published Articles

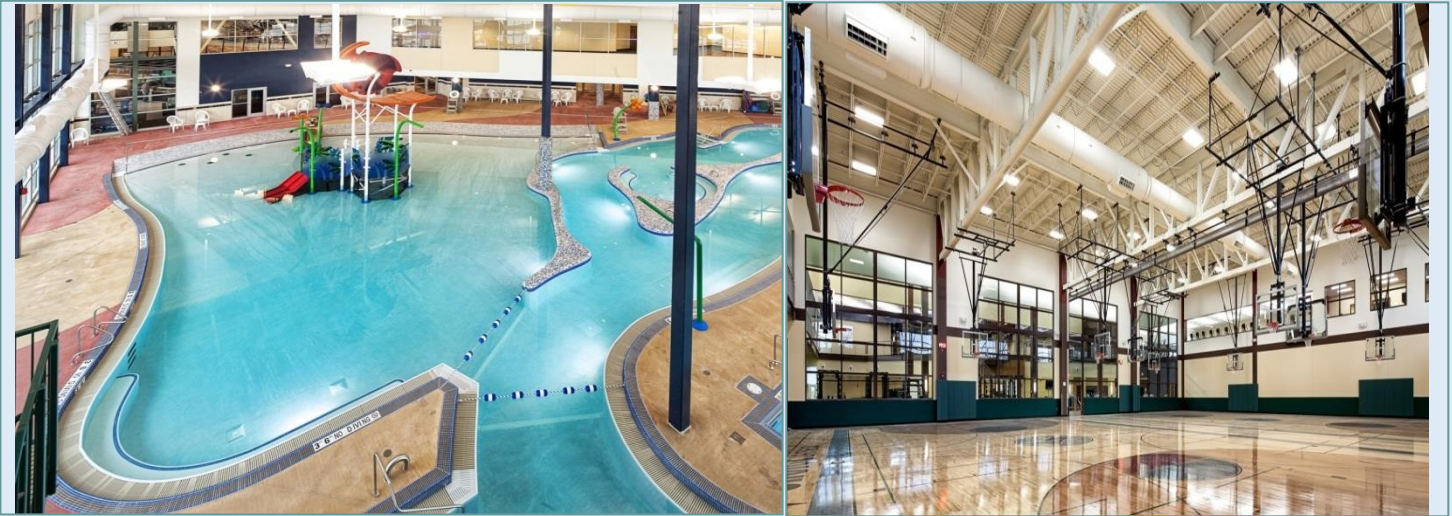
- *Speaker: Medical Fitness Association, Annual Conference, November 2015, “Developing a Health & Wellness Institute as a Community Destination”*
- *Speaker: Athletic Business Conference, November 2015, Healthy Partnerships: Creating a Community Health & Fitness Destination”*
- *Speaker: National Recreation & Parks Association, September 2015, “Healthy Partnerships: Creating a Community Health & Fitness Destination”*
- *Speaker: Medical Fitness Association, Annual Conference, November 2014, “Wellness Partnerships, Small Communities, Big Results”*
- *RE Journals.com, April 2013, “Healthcare Still A Real Estate Star”*
- *Illinois RE Journal, February 2014, “Affordable Care Act Effects Major Changes”*
- *Illinois Real Estate Journal, February 2013, “Healthcare: Still A Real Estate Star”*
- *Commercial Property Executive, August 2012, “Healthcare Reform Becomes A Reality”*
- *Western RE Business, February, 2012, “Aging Boomer Generation to Exert Major Impact on Healthcare”*
- *Hospitals & Health Networks, January 2012, “Healthcare Reform and An Aging Population Drive the Wellness Revolution”*
- *Keynote Speaker: Perkins & Will, May 4, 2012, 12th Annual Healthcare Meeting, Chicago, IL*
- *CP Executive, May 2011, “Healthcare Reform and Real Estate”*
- *Illinois Real Estate Journal, Women in Real Estate, 2009 Community Service Award for We Grow Dreams*
- *AARP Bulletin, June 2009, “It Takes A Village”*
- *Health News Digest, April 2009, “One-Stop Healthcare?”*
- *Chicago Hospital News, April 2009, “One Stop Healthcare? Healthcare Villages Take the World by Storm”*
- *Ambulatory Surgery Center Review, September/October 2008, “Women to Watch”*
- *Healthcare Facilities Expo, September 2008, seminar speaker and published article, “Wellness Centers As Community Partnerships”*
- *Chicago Hospital News, August 2008, “The Wisdom of Preventive Facilities”*
- *Chicago Hospital News, June 2008, “Developing an Outpatient Presence”*
- *Consulting Magazine, June 2008, “Out of Office” column*
- *Fitness Management, January 2007, “Budgeting for Control*
- *Strategic Financial Planning, Nov. 2007, “The Ambulatory Campus: Matching Strategic Priorities to Facilities”*
- *Chicago Hospital News, October 2007, “The Ambulatory Campus: Strategic Priorities Match Facility Design”*
- *Healthcare Financial Management Association, Strategic Financial Planning, Winter 2007 Issue, “The Ambulatory Campus: Matching Priorities to Facility Needs”*
- *Health Care Strategic Management, September 2004, “The Evolution of Medically Based Fitness Centers”*
- *Fitness Management, March 1988, Break Into Profit*
- *Athletic Business, February 1998, “Breathing Life Into Your Cardio Area”*

- *Newkirk, Jeffrey A. - An Analysis of Management Strategies Utilized Within the Health Club Industry & the Relationship With Facility Success, published Doctor of Education dissertation, University of Northern Colorado, (1997)*
- *Association of Hospital Health & Fitness Centers Newsletter, April 1994, "Community Programs and Fitness"*
- *Marketing News, October, 1990, "Hospitals Must Be Creative to Survive Industry Pressure"*
- *Healthcare Marketing Report, April 1990, "Fitness Center – Great Diversification Strategy for Chicago Area Hospital"*
- *Profiles In Healthcare Marketing, October, 1990, "Medicine and Fitness Work Out In Illinois"*

Health & Wellness Institute



Choice Health & Fitness



Opened in September 2012, the Choice Health & Fitness Center, Grand Forks, North Dakota, exemplifies a true community partnership. The Grand Forks Park District, Altru Health System and the Altru Family YMCA worked cooperatively to develop this 162,000 sf facility, housing health & wellness and recreational; programs developed in response to the needs of the community.

Reciprocal and daily memberships are offered as well as youth sports camps, arts and dance classes, personal training, tennis and swim lessons, and so much more. Altru Health System offers wellness education programs which include healthy cooking classes, lifestyle and nutritional counseling, and special health screenings.

The University of North Dakota men's and women's sports activities are conducted in the center as well as Silver Splash and Silver Sneakers programs.

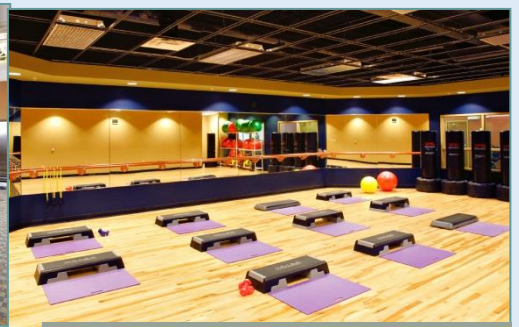
- Tennis & racquetball courts
- Indoor walk / jog track
- Aquatics center with lap pool, zero-entry leisure pool, lazy river & two water slides
- Cycling, rowing & group exercise rooms
- Cardio & free weights
- Gymnasium
- Welcore health programs
- Altru physical & occupational rehab
- Sprouts Café
- Men's, women's & family locker rooms
- Human Nutrition Research Lab
- Truyu Aesthetic Center
- Family, senior and youth programs
- Guest computer terminal areas



Grand Forks, North Dakota



**Holy Family Memorial
WELLNESS CENTER**



The Holy Family Memorial Wellness Center, Manitowoc, Wisconsin, an 86,000 square foot facility, integrating health & wellness services with HFM Family Medicine, Lakeshore Orthopedics, Rheumatology, ENT, medi-spa, Work Health Options, Rehab & Sports Medicine, diagnostics, walk-in clinic and integrative medicine. Some of the programs offered include health assessments, wellness education, nutrition & healthy cooking classes, chronic disease management, smoking cessation and health screenings for wellness center members, the community and local and regional corporations.

- 86,000 SF
- Wellness Center
- HFM Family Medicine
- Lakeshore Orthopedics
- Rehab & Sports Medicine
- Indoor walk/jog track
- Aquatics - 25 m lap pool, therapy pool & whirlpool
- Group Exercise Rooms
- HFM Pharmacy
- Conference / Demo Kitchen
- Heart Healthy Café
- Diabetes Center
- Walk-In Care
- ENT/Rheumatology
- Work Health Options
- Medi-Spa
- Locker rooms



Manitowoc, Wisconsin



health & wellness center AT FLORIDA HOSPITAL WESLEY CHAPEL



Opened in January, 2013, The Health & Wellness Center at Wesley Chapel was developed adjacent to the new 160 bed Florida Hospital Wesley Chapel as part of the 100,000 square foot Wellness Plaza in Wesley Chapel, Florida. As a member of Adventist Health, the Creation Health mission and values are represented in the interior design and programs and services. The health & wellness center offers programs for chronic disease management, fitness and wellness education programs. This center represents a project that was designed to penetrate a new market area.

This 50, 000 square foot center is integrated with a Women's Center, specialty clinics, family medicine and other specialist practices to create a major presence in a growing market area. This facility has generated new business and referrals for the entire healthcare campus.



- Physical, & orthopedic rehabilitation
- Indoor walk/jog track
- Aquatics center with a 25m lap pool, whirlpool and warm water therapy pool
- Group Exercise studios
- Cardiovascular equipment & free weights
- Conference area with demonstration kitchen
- Sports Medicine
- Fresh Fit Cafe
- Fit Gear Logo Shop
- Men's, women's & family locker rooms
- Yoga & Pilates studios
- Fit Friends Kids Club
- Wellness programs



Weslev Chapel, Florida

St. Bernards Health & Wellness



Opened in 2011, St. Bernards Health & Wellness demonstrates St. Bernards Regional Medical Center's mission and commitment to integrate health & wellness services in one convenient accessible location. A Diabetes & Weight Management Center, a medi-spa, cardiac and physical rehabilitation /sports medicine represent some of the integrated services.

Jonesboro Orthopedics Sports Medicine relocated their physician practice and partnered with the medical center to develop a sports training & performance program integrated into the health & wellness center. The physicians have increased their productivity since they can conduct office visits, check on their patients in rehab and work with athletes in one location.

The Institute has received numerous awards for its innovative services as the premier health & wellness center in Northwest Arkansas.

- Physical rehabilitation
- Sports Performance Training
- JOSM Orthopedics
- Indoor walking/jogging track
- Diabetes & Weight Management Clinic
- Aquatics center with a lap pool and warm water therapy pool
- Group cycling & exercise rooms
- Cardiovascular & free weights equipment
- Hot yoga & Pilates rooms
- Multi-purpose room
- Heart healthy café & pro shop
- Full service locker rooms for men, women and families
- Wellness programs
- Cardiac rehabilitation
- Full service spa



Jonesboro, Arkansas



Duneland Health & Wellness Institute



Opened in January, 2002 and developed as a partnership between St. Anthony Memorial Hospital, Michigan City, Indiana, and St. Margaret Mercy Hospital, Hammond, Indiana, the Duneland Health & Wellness Institute, Chesterton, Indiana, represents a project that was designed to penetrate a new market.

This 53,000 square foot complex integrates a 33,000 square foot medically based health and fitness center with 20,000 square feet of diagnostic s, walk-in clinic, primary care, specialists and other clinical services to create a major presence in a growing market area. Located geographically between the two hospitals' main campuses, this facility in Chesterton, Indiana has generated new business and referrals for each hospital.

- Physical and cardiac rehabilitation
- Indoor walk/jog track
- Aquatics center with a 25m lap pool, whirlpool and warm water therapy pool
- Aerobics studio
- Cardiovascular equipment & free weights
- Multi-purpose room
- Physician time share
- Heart healthy café
- Pro-shop
- Men's, women's & family locker rooms
- Diagnostic center
- Medical offices
- Wellness programs
- Child care service



Chesterton, Indiana



The Fitness Complex



A creative ownership/operations structure involving a hospital, a state college and the local park district, resulting in the development of a 72,000 square foot health and fitness complex in Chicago Heights, Illinois.

By combining agendas and sharing the financial burden of this facility, each partner as well as the community has benefited from this community project. This center opened in 2000 representing the first time three such partners have come together in the medically based fitness area. The process by which this partnership was structured represents an invaluable model for healthcare providers, municipalities, academic institutions and other community organizations to emulate.

In December, 2006 this center added an additional 7,500 square feet. The addition included a full service medically based- spa and a second women's locker room offering its members additional amenities.

THE FITNESS COMPLEX a partnership with:

- Chicago Heights Park District
- Prairie State College and
- Franciscan Alliance St. James Hospital

- Physical, cardiac & orthopedic rehabilitation
- 15,000 sq. ft. field house/gymnasium
- 8 lap indoor walk/jog track
- Aquatics center with 25m lap pool and warm water therapy pool
- Group exercise studios
- Cardiovascular & free weights equipment
- Multi-purpose room with demo kitchen
- Heart healthy café, pro shop & medi-spa
- Men's, women's, family lockers with sauna, steam room and whirlpool
- Wellness Programs
- Child care service with daily activities



Chicago Heights, Illinois

Edward Health & Fitness Center I



- Physical and cardiac rehabilitation
- Indoor walk/jog track
- Aquatics center with 25m lap pool, whirlpool, sauna & warm water therapy pool
- Aerobics studio
- Cardiovascular equipment & free weights
- Multi-purpose room
- Adult basketball & volleyball courts
- Juice Bar
- Pro-shop
- Men's, women's & family locker rooms
- Sports Medicine
- Wellness programs
- Child care service
- Corporate Physicals

Developed as one of the first freestanding medically based health & fitness centers in the country, Edward Health & Fitness Center I opened in 1988. This 63,000 square foot center situated on the Edward Elmhurst Health campus, Naperville, Illinois was designed to meet the needs of a growing suburban community. The center offers health assessments, screenings, wellness and prevention services, expanded rehabilitation programs in a medically-supervised environment.

The center achieved its projected membership capacity within the first 18 months and continues to have a waiting list for new members,

As a result of the tremendous success of this Center, Edward Health & Fitness Center II was developed off-campus in Woodridge, Illinois to expand the medical center's market share in its service area.

Naperville, Illinois

Edward Health & Fitness Center II



Capitalizing on the tremendous success of the first health & fitness center on the Edward Elmhurst campus in Naperville, Illinois, Edward Health Services developed a second 120,000 square foot center. This center is located in Woodridge, Illinois as part of the Seven Bridges development. This development includes residential, golf course, retail ice arena movie theatres and other commercial businesses.

To instill a healthy lifestyle in the youth in the market area, a 25,000 square foot kids children's fitness and wellness area provides separate aquatics, gymnasium, boys & girls locker areas, nursery and play areas for the younger members of the community.

Membership for this center exceeded its membership projections with 10,000 members. The combined membership for both Edward Elmhurst Centers is 15,000 members.

- Physical and cardiac rehabilitation
- Indoor walk/jog track
- Aquatics center with 25m lap pool, whirlpool, sauna & warm water therapy pool
- Aerobics studio
- Cardiovascular equipment & free weights
- Multi-purpose room
- Adult basketball & volleyball courts
- Juice Bar
- Medi-spa
- Pro-shop
- Men's, women's & family locker rooms
- 25,000 SF dedicated children's fitness area
- Sports Medicine
- Wellness programs
- Child care service
- Corporate Physicals

Woodridge, Illinois

Buffalo Grove Fitness Center



Opened in 2000, the Buffalo Grove Health & Fitness Center, Buffalo Grove, Illinois was developed as a community partnership between the Buffalo Grove Park District and Northwest Community Healthcare in Arlington Heights, Illinois. This 72,000 square foot health and fitness center exceeded membership expectations from its inception. This center offers wellness programs for all ages of the community. In 2007, the Center was expanded by 8,000 square feet to include a medically based spa, sports performance training and additional group exercise rooms.

- Physical rehabilitation
- Sports Performance Training
- 10,000 square foot fitness floor
- Indoor walking/jogging track
- Full-size gymnasium
- Aquatics center with a 5 lane 25 m lap pool and warm water therapy pool
- Group exercise rooms
- Cardiovascular & free weights equipment
- Private Women's workout area
- Multi-purpose room
- Heart healthy café & pro shop
- Full service locker rooms for men, women and families
- Wellness programs
- Sports Performance Training
- Full service medically based spa
- Kid's Club



Buffalo Grove, Illinois



CONTACT INFORMATION

IBIS Enterprises
107 Birdie Court
Pittsboro, North Carolina 27312

919.533.6536

www.ibis-enterprises.com

