



# CORPORATE WELLNESS



WHEN EMPLOYEES THRIVE, SO DOES YOUR BUSINESS

## BENEFITS

### FOR YOUR COMPANY

- » **Recruit and Retain Top Talent**  
Show employees you're invested in their wellbeing.
- » **Lower Healthcare Costs**  
When your employees and their families are healthier, they have fewer medical bills, saving your company healthcare dollars.
- » **Customized Plan**  
We help you build a program that meets your goals.
- » **Subsidy Matching**  
We match a portion of your company's contribution to the membership fees.
- » **Marketing**  
We provide promotional materials to help you educate your team about this opportunity.

### FOR YOUR EMPLOYEE

- » **\$0 Joiner Fee**  
With less cost up front, it's easier for your employees to get up and running.
- » **Membership Discount & No Contract**  
Enrollees enjoy the best membership rate available for themselves and their families. Annual minimum savings of \$180.
- » **Try Before You Buy**  
All employees and their dependents enjoy a one-week FREE YMCA trial membership each participating year.
- » **Full YMCA Membership Benefits**  
Free group exercise classes, discounts on programs, childcare (additional cost), and much more!

### MONTHLY RATES

	\$100 Single Plan	\$100 Family Plan	\$150 Single Plan	\$150 Family Plan	\$165 Single Plan	\$165 Family Plan
YMCA membership rate	\$39.99	\$59.99	\$39.99	\$59.99	\$39.99	\$59.99
Company contribution (per enrollee)	\$8.50	\$8.50	\$12.50	\$12.50	\$13.75	\$13.75
YMCA contribution	\$6.50 + waived joiner fee	\$6.50 + waived joiner fee	\$12.50 + waived joiner fee	\$12.50 + waived joiner fee	\$14.25 + waived joiner fee	\$14.25 + waived joiner fee
New employee membership rate	\$24.99	\$44.99	\$14.99	\$34.99	\$11.99	\$31.99
If fitness reimbursement benefit is used/earned	\$20.00	\$20.00	\$14.99	\$20.00	\$11.99	\$20.00
Monthly cost to employee	<b>\$4.99</b>	<b>\$24.99</b>	<b>\$0</b>	<b>\$14.99</b>	<b>\$0</b>	<b>\$11.99</b>

Companies with health promotion programs can see a return of \$3-\$6 for every \$1 invested over a two to five year period.\* Documented savings are observed in medical costs, reduced absenteeism, worker's compensation claims, short-term disability, and presentism (lower on the job efficiency due to employee health problems).

\*Data from the American Journal of Preventative Medicine

# A FEW OF OUR CORPORATE WELLNESS PARTNERS



## THERE'S SOMETHING FOR EVERYONE AT THE YMCA!



### AQUATICS

- 8-lane lap swimming pool
- Zero depth entry family pool
- Spiral slide
- Hot tub
- Sauna
- Steam room
- Lazy river
- Interactive water play equipment

### WELLNESS & FITNESS

- State-of-the-art equipment
- 80+ pieces of cardiovascular equipment
- 45+ pieces of strength training equipment & free weights
- Rock Climbing Wall
- Indoor walking / jogging track
- Three group exercise studios offering more than 80 classes
- Pilates Reformer studio

### ADDITIONAL AMENITIES

- Kid Zone
- Three gyms featuring basketball, volleyball, and pickleball
- Three locker rooms (Family, Women's, and Men's)
- Two racquetball courts
- Multi-purpose rooms for birthday parties, conferences, and more
- Locker & towel service