



# WORK GROW THRIVE

**HEALTHY EMPLOYEES  
ARE GOOD BUSINESS**

**CORPORATE  
WELLNESS PROGRAM  
YMCA OF THE NORTH**



# Corporate Wellness Program

It's no secret. A wellness program is an investment in your company's most valuable resource—your employees. It's one of the most vital investments your company can make. Through keeping their employees healthy, corporations can improve their overall productivity plus save money on health care expenses. By encouraging healthier lifestyles, corporations create healthier employees who miss fewer days of work due to illness. With the Y on your side every day, your employees will have the support they need to learn, grow and thrive at work.

## ABOUT THE PROGRAM

Starting a Corporate Wellness Program is easy. Your employees access to the YMCA will allow them to create a program to support their wellness goals and improve company culture.

Together we will develop a comprehensive program that may include Y Healthy Living programs and services at YMCA of the North locations.

## EMPLOYER BENEFITS

- A company size of at least 20 employees is required to participate.
- No annual fees to participate
- Free 5-day trial pass at the Y for employees and their families
- Employee volunteer opportunities
- Benefits package enhancement

## EMPLOYEE BENEFITS

- \$15 per month usage reimbursement (upon 6 visits, restrictions apply)
- Free Towel Service (savings of \$132 annually)
- Premium year round \$0 enrollment fee (\$50 savings)

## PROGRAM FEATURES

### GROUP EXERCISE CLASSES

Over 60 class formats to choose from including: Cardio, Strength, Dance, Yoga, Pilates

### SAFETY TRAININGS

CPR/AED, First Aid, Administering Emergency Oxygen

### PERSONAL TRAINING

Group or individual fitness training

### Y FACILITY RENTALS

Hold off-site meetings, retreats and gatherings at Y facilities

## WELLNESS PROGRAM PRICING

A onetime signup fee of \$200 is required to participate.

## LEARN MORE ABOUT ENHANCING YOUR COMPANY'S GREATEST ASSET.

Contact your local YMCA or visit

[ymcacorporatewellness.org](http://ymcacorporatewellness.org) for more information

IMPROVE OVERALL  
PRODUCTIVITY.

>90%

Of business leaders say that promoting wellness can affect employee productivity and performance. (shrm.org)

SAVE MONEY ON HEALTHCARE  
COSTS.

26%

Is the average reduction in health costs for companies that have wellness programs. (Partnership for Prevention)

CREDIT A WELLNESS PROGRAM  
WITH MAKING A DIFFERENCE.

3:1

Is the average return on investment for an employee wellness program across industries and company sizes. (forbes.com)