

BRINGING THE Y TO YOUR TEAM

The best way for us to serve you is to understand your goals and company culture. From there, we will craft a more comprehensive wellness program that can include programs and services offered at the Y and on-site at your company's location(s). We have a variety of services that are interactive and engaging; designed to keep your team and their families happy and healthy.

FINANCIAL

- Joiner fee is waived
- Y matches 50% up to \$10 per month

PROMOTION

- Internal posters, email blasts, Y free week for all employees and their families

ORGANIZATIONAL OPPORTUNITIES

- Discount on Childcare and Youth Programs
- Member rate on all Adult and Family Programs



Y Corporate Membership

PROGRAM DETAILS

- Use of YMCA facility
- Reduced rates for infant through school-age childcare
- Special value-added land & water fitness classes free-of-charge
- Pools, gyms, track, racquetball courts, Lifestyle Center, Circuit Training & Free-Weight Room
- Free Wellness Orientation
- Personal Training at member rate
- Reduced member rates for Youth Sports programs, swim lessons, and gymnastics
- Drop-in babysitting for a minimal fee while parents utilize the Y
- Use of whirlpool and sauna
- Adult healthy living programs at a reduced/member rate

At the Y, we know the importance of a **healthy workforce** and, moreover, a **workforce with healthy, happy families**. Let the Y help you bring health and happiness to your team!

READY TO GET STARTED?

Set up a Y Corporate Membership for your organization. For additional information, contact Julie Grossman at jgrossman@mtrymca.org or 920.482.1512.

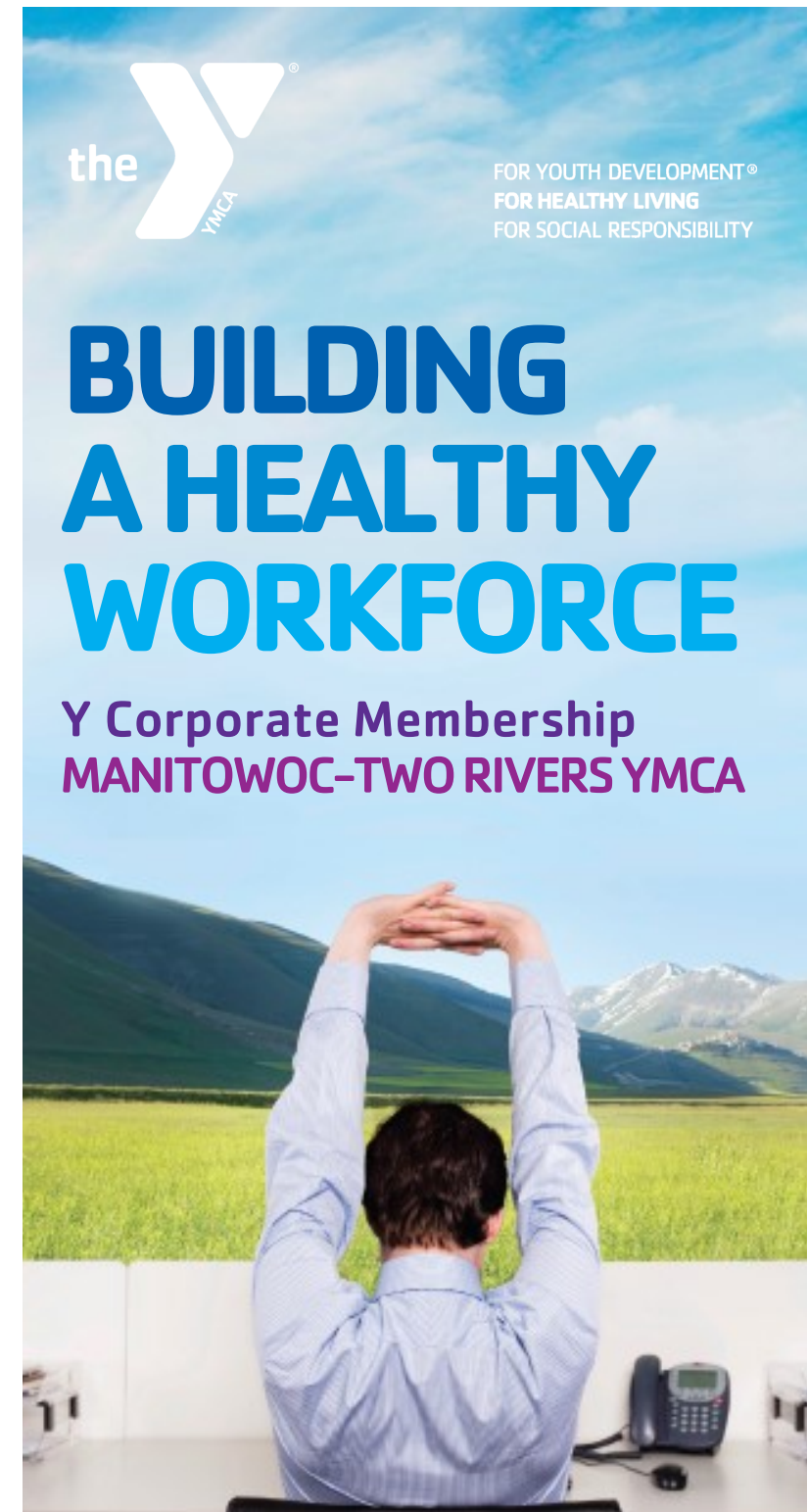
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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BUILDING A HEALTHY WORKFORCE

Y Corporate Membership
MANITOWOC-TWO RIVERS YMCA

You know that wellness is vital to the workplace.

When your company joins the YMCA Corporate Membership Partnership, not only will your employees benefit, your company will benefit as well. It's a fact that healthy employees are more productive, have lower stress, are more positive, miss less work, lower healthcare costs and have fewer medical claims. Plus, it gives your employee benefit program one more attractive option, leading to greater employee satisfaction and retention.

EMPLOYEES THAT ARE PHYSICALLY FIT CAN MAKE A COMPANY FISCALLY FIT

BETTER HEALTH

leads to better work performance

POSITIVE ATTITUDES

improves company-wide morale

HEALTHY PEOPLE

means fewer medical claims

FIT EMPLOYEES

handle stress and tension better

GREATER WELLNESS

reduces overall healthcare costs

WELLNESS MEANS

lower turnover rates and absenteeism

ACTIVE LIFESTYLES

give employees a sense of holistic well-being



TOGETHER, WE BUILD A HEALTHY COMMUNITY.

Y Corporate Membership Partnership

PARTNERSHIP OVERVIEW

- We work together to design a package that meets your team's unique needs.
- You (Business partner) provide your employees with a monthly membership subsidy.
- We (the Y) provide a subsidy once a minimum number of employees join the Y.
- We provide participating employees with a complimentary one-week trial membership to their local Y.
- We waive the joiner fee on new membership.



Y MEMBER BENEFITS

FACILITY

- 2-25yd Swimming Pools
- 3 Indoor Tennis Courts
- 2 Gymnasiums
- 26 Badger/Free Motion Stations
- Complete Free Weight Room
- 51 Cardio Machines
- 10 Person Whirlpool
- 3 Racquetball Courts
- Gymnastics Center
- Family Fun Center
- Youth Area with Pool Table, Ping Pong, Foosball

GROUP EXERCISE

- Indoor Cycling
- Body Sculpt
- Rhythm Aerobics
- R.I.P.P.E.D. & RUMBLE
- Flex & Flow
- Yoga, Water Yoga, & Tai Chi
- Zumba & Dance Fitness
- Water Classes (including Arthritis Wellness/ Pain Mgt)
- Group Power & Group Ride
- INSANITY
- Kettlebell AMPD
- POUND
- Barre

ONSITE ACCESS

Prevea Physical Therapy

Holistic Touch® Massage Therapy

CHILDCARE SERVICES AT DISCOUNTED RATES

- Before and After School Program
- Childcare Services
- Summer Y B.R.E.A.K. program

YOUTH & ADULT SPORTS AT DISCOUNTED RATES

- Youth Soccer
- Youth Baseball/T-Ball
- Youth Basketball
- Youth Dodgeball
- Youth Strength Training
- Youth Speed and Agility Training
- Adult Volleyball
- Adult Pickleball
- Adult Racquetball
- Adult Walleyball
- Adult Basketball
- Adult Personal Training or Small Group Training
- Adult Golf Programs

ADDITIONAL BENEFITS

- Drop-in Babysitting for a Minimal Fee While Parents Use Facility
- Swimming Lessons for All Ages and Abilities at Discounted Rates