



The Tri-County YMCA Corporate Membership Program is a partnership with businesses in our community to promote employee awareness and knowledge of wellness issues. This program will increase employee access to YMCA fitness and other wellness activities, helping employers create a healthy working environment.

Containment of health care costs

The majority of U.S. health care expenses can be attributed to the diagnosis and treatment of chronic diseases and health conditions such as diabetes, obesity, cardiovascular disease and asthma. Positive lifestyle changes, such as increased physical activity and a healthy diet, can often prevent these costly medical conditions before they arise.

Increased workplace productivity

Workers who exercise on a regular basis tend to have more energy and be more productive while at work. As little as 30 minutes of physical

activity several days a week can have a significant and positive impact on workers' physical and mental well-being.

Decreased employee turnover and absenteeism

Employees who feel valued are less likely to seek employment elsewhere, decreasing turnover and the time, energy and money needed to recruit, hire and train new workers. Helping workers make positive lifestyle changes to prevent these costly medical conditions from arising can reduce absenteeism and the drain it represents on company morale and resources.

Tri-County YMCA's Mission: To put Christian Principles into practice through programs that build healthy spirit, mind and body for all.

tri-countyymca.org

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Why the YMCA?

When you offer your employees a corporate wellness program with the YMCA, you're giving them much more than a membership at a gym or a community center. You're giving them the best of all worlds: a state-of-the-art fitness environment, professional personal trainers, family activities and more. Best of all, you're giving them the freedom and flexibility they need to build healthy, enriching programs around their own schedules and lifestyles.

- World-class strength and cardio equipment
- Certified Group Exercise Instructors
- Personal training
- Gymnasium
- Aquatics Center with water fitness classes
- Complimentary wellness orientation
- Member rates for summer camps, swim lessons, youth sports and school days off
- Open seven days a week



Getting Started - Employer

A company has to have 10 or more participants enrolled in the program and pay a \$250 one-time enrollment fee. The company will be billed \$79 per year on the plan's anniversary date to renew the membership.

If 50 or more employees become members at Tri-County YMCA, we will provide FREE on-site medical screenings and 2 wellness seminars per year to your workplace.

Getting Started - Employee

Employees will have the joining fee and first month's membership waived. To begin the membership, please visit our facility and the Membership Services Staff will assist in completing the enrollment. New enrollee's will need to bring a voided check or debit/credit card to sign up for monthly billing or pre-pay for the remaining 11-month membership. Employees save \$115.50 on Adult memberships and \$152 on Family membership.

Look at the Savings! Employees also save \$15 OFF their first personal training package (normally 6 sessions for \$200). Typical savings for members are \$115.50 for an adult membership and \$152 for family memberships.