



EMPLOYEE WELLNESS WITH RESULTS

CORPORATE MEMBERSHIP PROGRAM

Research shows that an effective wellness program can have significant impact on a variety of health risk factors, including cholesterol levels, blood pressure, cardiovascular disease and obesity.

Through a YMCA Corporate Membership Partnership, companies can provide their employees with a comprehensive wellness program, and unprecedented savings on memberships, of all of which can improve morale, decrease absenteeism and increase productivity.

EMPLOYER BENEFITS

DECREASED ABSENTEEISM

Employee wellness programs are linked to employees taking fewer days away from work.

REDUCED HEALTHCARE COSTS

Employers have a vested interest in promoting vibrant health and reducing unnecessary medical costs for their employees.

IMPROVED PRODUCTIVITY AND MORALE

Workers who exercise regularly tend to have more energy and excellent productivity.

REDUCED INJURIES

Healthy employees have a lower risk of injury.

IMPROVED EMPLOYEE RETENTION

Employees view health promotion programs as a desirable perk that makes them feel valued and appreciated.

EMPLOYEE BENEFITS

ACCESS TO YMCAs NATIONWIDE

Unlimited access to YMCAs of Greater Charlotte. In addition, your Y membership grants access to hundreds of Ys across the country.

EXCLUSIVE RATES

Y members save on ALL programs and services, from youth sports to personal training.

CHILDCARE

Household memberships include complimentary on-site Childcare at select locations.

UNLIMITED GROUP EXERCISE

Designed for all levels and interests, from yoga to strength training.

INDIVIDUAL WELLNESS ORIENTATION

A free, one-on-one appointment to establish goals and familiarize yourself with the facility.

\$1 → **\$6**

On average, for every \$1 spent on health management and education, companies can save \$3-\$6 on healthcare costs.

FOR MORE INFORMATION
OR TO BEGIN A CORPORATE MEMBERSHIP,
CONTACT THE Y AT
membership@ymcacharlotte.org

CORPORATE MEMBER BENEFITS

- Year-round enrollment
- Up to 20% discount on membership
- \$0 activation fee (\$50 savings!)
- 24-hour access on premium package
- Onsite registration
- Usage reports
- Company paid, company subsidized and employee paid options.
- Member pricing on all programs (up to 30% savings!), including:
 - **Youth Sports:** from soccer to basketball to gymnastics and more, these programs help kids keep active, work as a team, overcome setbacks and gain confidence.
 - **Day Camp:** take your pick of traditional, sports and specialty day camps for kids ages 5-18.
 - **Afterschool/Preschool:** kids have fun, make friends and keep active in a safe, supportive environment.
 - **Personal Training:** Make every workout count with a trainer to keep you on track for achieving your goals.
 - **Adult Sports Teams:** keep active and make friends with adult sports leagues, including pickleball, soccer, basketball, martial arts and more (locations may vary).
 - **Resident Camp Retreats:** Enjoy team building, civic, social and family retreats at our scenic resident camp facilities.
- No-fee healthy living programs, including:
 - 100s of On-demand Classes to build healthy spirits, minds and bodies.
 - 100s of Group Exercise Classes that promote fun and fitness.
 - Body Composition Assessments for a targeted approach to exercise and nutrition.
 - Nutritional Consultations to create personalized food-intake and weight-loss programs that are healthy, holistic and sustainable.

Starter Package includes:

- 10% cost savings on membership
- No activation fee for corporate members
- 100s of On Demand Group Exercise Classes
- 100s of In person Group Exercise Classes
- Member Pricing on all adult and youth programs
- Usage Reports

Elite Package includes:

\$10,000 Annual Investment

- 20% cost savings on membership
- All Benefits from Premium Package

Premium Package includes:

\$5000 Annual Investment Fee

- 15% cost savings on membership
- No activation fee for corporate members
- 100s of On Demand Group Exercise Classes
- 100s of In person Group Exercise Classes
- Member Pricing on all adult and youth programs
- Usage Reports
- 24 Hour Access at participating locations
- InBody Scan
- Free Consultation with Nutrition HealthWorks

