



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## PARTNER FOR HEALTHY LIVING

### YMCA of GRAND ISLAND NEBRASKA

#### Level 1 - Basic Corporate Membership Program

This corporate option will encourage healthy living within your company, improving morale, attendance and productivity. With the basic program the YMCA will partner with the company to offer affordable wellness options for the employer and employees through a waived facility fee\*, and reduced program fees and employee education pieces.

#### Level 2 - Membership Partner Program

This corporate option will encourage healthy living within your company, improving morale, attendance and productivity! With the YMCA Membership Partner Program, we will partner with you to provide reduced membership fees to your employees. Your company commits to a dollar amount per employee that you are willing to provide towards their annual YMCA membership costs, and we will match the subsidy annually up to \$60 for an annual membership, and up to \$5 per monthly membership! We could work together to save your employees \$160 on a YMCA membership each year!

#### Amenities

- The Y will provide the company with monthly utilization reports
- A FREE "Try the Y Week" each year
- Additional Savings on YMCA Classes and Programs
- Access to both Grand Island YMCA locations
- Facility Fee Waived\*
- Employee receives a FREE personal training session\*

CORPORATE HEALTH & WELLNESS PARTNERSHIP

**CARA LEMBURG**  
**COMMUNITY OUTREACH DIRECTOR**  
P 308.395.9622 x214 caraa@giymca.org  
221 E South Front - 2300 N Webb Road, Grand Island, NE 68801  
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Serving Corporations and their employees in Hall, Hamilton,  
Howard, Merrick and Sherman Counties.



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YMCA of GRAND ISLAND NEBRASKA

## WELLNESS WITHIN REACH

MEMBERSHIP OPTIONS	ANNUAL MEMBERSHIP	MONTHLY DRAFT	FACILITY FEE	TRAINING SESSION	MEMBERSHIP SAVINGS
Adult	\$396	\$35.00	<del>\$50</del>	<del>\$35</del>	\$85
Adult Couple	\$708.50	\$61.50	<del>\$50</del>	<del>\$35</del>	\$85
Single Adult Household	\$591	\$51.50	<del>\$50</del>	<del>\$35</del>	\$85
Household	\$738	\$64.00	<del>\$50</del>	<del>\$35</del>	\$85
Senior Adult (62+)	\$357	\$31.00	<del>\$50</del>	<del>\$35</del>	\$85
Senior Couple	\$537	\$46.75	<del>\$50</del>	<del>\$35</del>	\$85
Senior Household (62+)	\$591	\$51.50	<del>\$50</del>	<del>\$35</del>	\$85

<b>Grand Island YMCA - Downtown</b> 221 E South Front St, Grand Island, NE 68801   308 395 9622	<b>Northwest Express YMCA</b> 2300 N Webb Road, Grand Island, NE 68801   308 384 1299
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Membership includes:

- Waived facility fee (a value of \$50)
- Free Basic Personal Training session
- Access to over 80 FREE land and water group exercise classes
- Member savings on child care, summer school age child care, swim lessons, instructional classes, sports programs and leagues
- Child Watch (babysitting) play area for youth 6 weeks - 9 years old (limit 2 hours per visit). This is available at a program fee of \$1.50 per child per visit or \$25 punch card.
- Access to gyms, swimming pool, racquetball courts, walking/running track, cardio and weight equipment
- AWAY privileges at reciprocating out-of-town Ys
- Opportunities for giving back to our community through volunteering and giving

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CORPORATE HEALTH & WELLNESS SERVICES

# PARTNER FOR HEALTHY LIVING

## CORPORATE MEMBERSHIP YMCA of GRAND ISLAND NEBRASKA

### Wellness Presentations

The Y offers Wellness Presentations to help with the education of your employees. Topics include: Getting started with a running/walking program; Stress Management; Men’s and Women’s Health Issues; Commit to be Fit Program; How to start an exercise program; weight management; stretching (how, when and why); benefits of strength training; get fit as a family; and fad diets.

**Fee:** First presentation is FREE. We welcome the opportunity to provide additional presentations and can negotiate fees based on number and frequency.

### Quarterly Challenge Campaigns

Your company will work with your YMCA representative to develop quarterly campaigns to help encourage employee wellness. For example - Holiday Fitness Challenge, Sweatin’ with your Sweetheart, Road Race training, September, etc.

**Fee:** a minimal fee may be charged to cover costs

### Health & Wellness Coaching

The YMCA Health and Wellness Coach will deliver personal health management ideas and solutions designed to help individuals get healthy, stay healthy and/or live with illness. They will do this by helping individuals make behavioral changes through the use of motivational interviewing during 5 - 15 minute coaching interactions

on-site at employee’s workstation or through one-on-one meetings.

**Fee:** \$30/Hour

### On-Site Fitness Classes

A YMCA certified group fitness instructor will take your employees through a 45 minute workout. Choose from the classes listed below.

Zumba, Yoga, Pilates, Boot Camp, BodyCombat, BodyAttack, Super Fit, GRIT, Ready Set Go, Interval (Tabata), CoreFit, Intro to Weight Lifting.

**Fee:** See Pricing Grid below

ROAD RACES & TRIATHLONS	10-15 Employees = 10% Discount	16-25 Employees = 15% Discount	26+ Employees = 20% Discount
On-Site Fitness Classes	INTRO Class = Free	4 Classes for \$120 8 Classes for \$240 12 Classes for \$360 16 Classes for \$425	
Personal Training (Fees based on Member Rate \$35/session and Program Member Rate \$50/session)	1 Session: Y Member: \$25 Non-Member: \$40	5 Sessions: Y Member: \$125 Non-Member: \$200	10 Sessions: Y Member: \$250 Non-Member: \$400
Workplace Individual Assessments	\$40/Hour		

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