



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CORPORATE HEALTH & WELLNESS PARTNERSHIP

PARTNER FOR HEALTHY LIVING

YMCA of GRAND ISLAND NEBRASKA

Level 1 - Basic Corporate Membership Program

The Basic 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

The Member Partner Program 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 \$120 for an annual membership, and up to \$10 per monthly membership. Working together, we could save your employees up to \$240 on a YMCA membership each year.

Level 3 - Premium Corporate Membership Program

The Premium option will encourage healthy living within your company, improving morale, attendance and productivity! With the YMCA Premium Corporate Membership Program, we will provide reduced membership fees to your employees. When 15 or more of your employees join the YMCA, we will reduce membership cost by \$10 per monthly membership and up to \$120 for an annual membership!

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
- Facility Fee Waived*
- Employee receives a FREE personal training session*

MEGAN ROACH
MEMBERSHIP/WELLNESS DIRECTOR
308.395.9622 membership@giymca.org
221 E South Front, Grand Island, NE 68801
www.giymca.org

Serving Corporations and their employees in Hall, Hamilton,
Howard, Merrick and Sherman Counties.



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WELLNESS WITHIN REACH

MEMBERSHIP OPTIONS	ANNUAL MEMBERSHIP	MONTHLY DRAFT	FACILITY FEE
Adult	\$475	\$42	\$35
Adult Couple	\$740	\$65	\$35
Single Adult Household	\$645	\$57	\$35
Household	\$770	\$68	\$35
Senior Adult (62+)	\$420	\$37	
Senior Couple	\$590	\$52	
Senior Household (62+)	\$645	\$57	

Membership includes:

- Waived facility fee (a value of \$35)
- Free Fitness Orientation
- Access to over 80 FREE land and water group exercise classes
- Member savings on child care, school age child care, swim lessons, instructional classes, sports programs, and leagues
- Free Child Watch up to 2 hours
- Access to gyms, swimming pool, racquetball courts, walking/running track, cardio and weight equipment
- Nationwide privileges at all YMCAs in the nation.
- 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, Step-tember, Snow Beast Challenge, etc.

Fee: a minimal fee may be charged to cover costs

Health & Wellness Coaching

The YMCA personal trainers 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: \$45/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, GRIT, Tabata, Ab Lab, Intro to Weight Lifting.

Fee: See Pricing Grid below

Fitness Assessment

A YMCA personal trainer will administer the fitness tests and help the employee establish ways to improve scores. This includes the following tests: cardiovascular endurance; body composition; muscle strength; muscle endurance; flexibility; BMI; and blood pressure.

Fee: See pricing grid below

Road Races & Fitness Events	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 45 minute session (Fees based on Member Rate \$35/session and Program Member Rate \$70/session)	1 Session: Y Member: \$30 Non-Member: \$60	5 Sessions: Y Member: \$130 Non-Member: \$210	10 Sessions: Y Member: \$250 Non-Member: \$400

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