

BUSINESS TODAY IS TOUGHER THAN EVER.... YOUR WORKFORCE SHOULD BE AS WELL

HOW TO GET STARTED

As a leader in your company, you know that a healthy, happy, and productive workforce is key to your success. Through Corporate Membership at the Henry County YMCA, employees can get fit, stay fit, and save money—all while helping your company improve its fiscal fitness.

For employees to join the YMCA, the company chooses an open enrollment day time period. This can be a specific date range at any time of the year or can be specified as “open” enrollment, meaning employees may join the YMCA year around to take advantage of the corporate discount. If you prefer, a YMCA staff member will come to your workplace at a time that fits the company schedule to enroll employees and complete the application process. Thereafter, the company’s contact person will be equipped with information and materials to enroll employees. The Business Office and/or Director of Member Relations can also assist in this process at the YMCA.



OUR FACILITY & SERVICES

- Land & Water Aerobic Classes
- 2 Aerobics Rooms
- Wellness Center
- Free & Machine Weights
- Cardio Equipment
- 3 Gymsnasiums
- Indoor Running/Walking Track
- Outdoor Track
- Racquetball Court
- Pool
- Whirlpool
- Sauna/Steam Room
- Locker Room/Family Locker Room
- Multipurpose Room
- Swim Lessons
- Child Watch
- Day Camps
- CPR & First Aid Courses
- Preschool
- Karate
- Nutrition Services
- SCUBA
- Kids Night Out
- Birthday Parties
- Family Fit
- Youth & Adult Sports
- Special Events (seasonal)
- Personal Training
- Athletic Development



HENRY COUNTY YMCA
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REV 4/13



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHIER EMPLOYEES, HEALTHIER BUSINESS

CORPORATE MEMBERSHIP
HENRY COUNTY YMCA



HAPPIER WORKERS A HEALTHIER BOTTOM LINE



WHY SHOULD MY COMPANY PARTICIPATE?

HEALTH AND LIFESTYLE PROFILE THE TYPICAL COMPANY:

- 80% UNDER-EXERCISE
- 60% SIT ALL DAY TO DO WORK
- 30% ARE OVERWEIGHT
- 35-45% EXPERIENCE JOB BURNOUT DUE TO HIGH STRESS
- 30% SMOKE
- 30% ARE PRONE TO LOWER BACK PAIN
- 15-25% HAVE HYPERTENSION/HIGH BLOOD PRESSURE

THESE STATISTICS SHOW RISK FOR CHRONIC DISEASE, HEART DISEASE, AND CANCER THAT LEAD TO AN INCREASE IN MEDICAL CLAIMS, SICK DAYS, ABSENTEEISM, TURNOVER AND TRAINING COSTS, AND AN OVERALL DECREASE IN PRODUCTIVITY.

DON'T BE LIKE THE TYPICAL WORKPLACE! PARTICIPATING IN YMCA CORPORATE MEMBERSHIP CAN HELP REDUCE YOUR EMPLOYEES' RISK FOR THESE CONDITIONS.



TWO PLANS TO CHOOSE FROM...

PLAN A

For companies choosing Plan A, employees will receive **5%** off the adult/family membership rates. The joiner fee will be reduced by \$25. Employees can choose to have their membership dues automatically bank drafted from their personal checking or savings accounts or charged to a credit card. Automatic payment is required. Companies must have a minimum of 10 employees sign-up to qualify for this discount.

PLAN B

For companies choosing Plan B, employees receive **10%** off the adult/family membership rates. The joiner fee will be waived, so there is no start-up cost to the employee! Payment of monthly membership dues must be payroll deducted by the company. Employers may also choose to subsidize a portion of the membership dues to demonstrate their investment in their employees' improved health and well-being.

CONTACT US

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**GROWING
STRONGER
TOGETHER**

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