

LA CROSSE AREA FAMILY YMCA

# INVEST IN YOUR MOST VALUABLE ASSET



**CORPORATE  
MEMBERSHIP  
PROGRAM**



# THE BEST CORPORATE INVESTMENT

Are you ready to make the best investment decision for your employees and your company?

## Here's what studies show us:

- Exercise helps achieve higher mental concentration and alertness
- Participants enjoy work more than non-participants. It's a morale booster and rapport builder among coworkers.
- Exercise improves reaction time, memory and decision-making ability.
- Participants are more productive, have more stamina AND are sick less often.
- Exercise induces sounder sleep, allowing for a better handle on stress.

## BENEFITS OF EXERCISE



Reduces risk of depression, anxiety, and helps increase better sleep



Reduces risk of cardiovascular disease, developing type 2 diabetes, and metabolic syndrome



Lowers risk for developing several commonly occurring cancers

**All you need** is 150 minutes a week of moderate-intensity aerobic activity. **That's just:**

**30 / 5**  
minutes a day / days a week

<https://www.cdc.gov/physicalactivity/basics/pa-health/index.htm>

**OUR MISSION:** The La Crosse Area Family Y is a non-profit organization dedicated to enriching our community by promoting physical, mental, and spiritual well-being for all.

# WHY THE Y?

## MEMBER BENEFITS

- ✓ Free child care while you workout
- ✓ Savings on youth programs
- ✓ Free group and water exercise classes
- ✓ Pools, gyms and running track
- ✓ State-of-the-art fitness centers
- ✓ Access to Personal Training
- ✓ Exclusive virtual content
- ✓ Full access to both Y branches
- ✓ 24/7 access available
- ✓ Nationwide access
- ✓ No annual fee
- ✓ Family Fun Center (indoor play area)
- ✓ Remodeled Locker Rooms
- ✓ NEW Steam and Sauna



[WWW.LAXYMCA.ORG](http://WWW.LAXYMCA.ORG) | 608.782.9622





# HOW IT WORKS

(FOR ENROLLED EMPLOYEES)



## EXAMPLES:

TIER 1 – 100%	Monthly Rate	Employer 100%	Y-Match	Employee's Rate
Adult	\$59.00	\$49.00	\$10.00	\$0.00
Two Adult	\$83.00	\$73.00	\$10.00	\$0.00
Family	\$92.00	\$82.00	\$10.00	\$0.00

TIER 2 – 50%	Monthly Rate	Employer 50%	Y-Match	Employee's Rate
Adult	\$59.00	\$29.50	\$10.00	\$19.50
Two Adult	\$83.00	\$41.50	\$10.00	\$31.50
Family	\$92.00	\$46.00	\$10.00	\$36.00

TIER 3 – \$20	Monthly Rate	Employer \$20	Y-Match (50%)	Employee's Rate
Adult	\$59.00	\$20.00	\$10.00	\$29.00
Two Adult	\$83.00	\$20.00	\$10.00	\$53.00
Family	\$92.00	\$20.00	\$10.00	\$62.00

TIER 4 – \$10	Monthly Rate	Employer \$10	Y-Match (50%)	Employee's Rate
Adult	\$59.00	\$10.00	\$5.00	\$44.00
Two Adult	\$83.00	\$10.00	\$5.00	\$68.00
Family	\$92.00	\$10.00	\$5.00	\$77.00