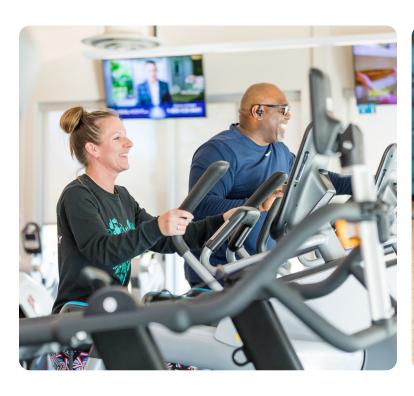
## INVEST INYOUR MOST VALUABLE ASSET





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













### **HOW IT WORKS**

(FOR ENROLLED EMPLOYEES)

Employer Investment



The Y matches at 50% up to \$10



Employee pays a discounted rate

#### **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