

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 | 608.782.9622



HOW IT WORKS

(FOR ENROLLED EMPLOYEES)



EXAMPLES:

TIER 1 – 100%	Monthly Rate	Employer 100%	Y-Match	Employee's Rate
Adult	\$60.00	\$50.00	\$10.00	\$0.00
Two Adult	\$85.00	\$75.00	\$10.00	\$0.00
Family	\$95.00	\$85.00	\$10.00	\$0.00

TIER 2 – 50%	Monthly Rate	Employer 50%	Y-Match	Employee's Rate
Adult	\$60.00	\$30.00	\$10.00	\$20.00
Two Adult	\$85.00	\$42.50	\$10.00	\$32.50
Family	\$95.00	\$47.50	\$10.00	\$37.50

TIER 3 – \$20	Monthly Rate	Employer \$20	Y-Match (50%)	Employee's Rate
Adult	\$60.00	\$20.00	\$10.00	\$30.00
Two Adult	\$85.00	\$20.00	\$10.00	\$55.00
Family	\$95.00	\$20.00	\$10.00	\$65.00

TIER 4 – \$10	Monthly Rate	Employer \$10	Y-Match (50%)	Employee's Rate
Adult	\$60.00	\$10.00	\$5.00	\$45.00
Two Adult	\$85.00	\$10.00	\$5.00	\$70.00
Family	\$95.00	\$10.00	\$5.00	\$80.00