LA CROSSE AREA FAMILY YMCA

INVEST IN YOUR MOST VALUABLE ASSET





CORPORATE MEMBERSHIP PROGRAM

the YMCA®

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 minutes a day / **5** 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
- ✓ Remodeled Locker Rooms
- ✓ Steam and Sauna
- ✓ NEW Recovery Studio available (Onalaska)











WWW.LAXYMCA.ORG | 608.782.9622

Scan to learn more on our Corporate Membership webpage or visit: www.laxymca.org/corporate-membership

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	$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