



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## PARTNER FOR HEALTHY LIVING

### YMCA of GRAND ISLAND NEBRASKA

Many companies in the Grand Island area have partnered with the Y to invest in their employees by supporting their healthy lifestyle choice. Employers know that improving the health and overall quality of life for employees directly benefits them. We work with companies within their budgets and size to determine the needs of employees and their families.

The Grand Island Y Corporate Membership Program provides an affordable way for employees to live a healthy lifestyle. Employees and their families can participate in exercise programs and spend time together as a family being active. The Corporate Membership/Partner for Healthy Living Program, affords businesses an opportunity to encourage their employees to seek a healthy life-style!

#### Level 1 - Basic Corporate Membership Program

The Basic Program option will encourage healthy living within your company, improving morale, attendance, productivity, and retention! Your company commits to a dollar amount between \$5-9, per employee that you are willing to provide towards their monthly YMCA membership costs, and we will match the subsidy up to \$9 per monthly membership. The \$40 facility fee will be waived as well! Working together, we could save your employees up to \$256 on a YMCA membership each year!

#### Level 2- Premium Corporate Membership Program

The Premium option will encourage healthy living within your company, improving morale, attendance, productivity, and retention! Your company commits to a dollar amount of \$10 or more, per employee that you are willing to provide towards their monthly YMCA membership costs, and we will match the subsidy up to \$10 per monthly membership. The \$40 facility fee will be waived as well! Working together, we could save your employees up to \$280 or more on a YMCA membership each year!

CORPORATE HEALTH & WELLNESS PARTNERSHIP

**BROOKE FRIES**  
**MEMBERSHIP/WELLNESS DIRECTOR**  
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Serving Corporations and their employees in Hall,  
Hamilton, Howard, Merrick and Sherman Counties.



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YMCA of GRAND ISLAND NEBRASKA

## WELLNESS WITHIN REACH

MEMBERSHIP OPTIONS	ANNUAL MEMBERSHIP	MONTHLY DRAFT	FACILITY FEE
Adult	\$517	\$47	<del>\$40</del>
Adult Couple	\$770	\$70	<del>\$40</del>
Single Adult Household	\$682	\$62	<del>\$40</del>
Household	\$803	\$73	<del>\$40</del>
Senior Adult (62+)	\$462	\$42	<del>\$40</del>
Senior Couple	\$627	\$57	<del>\$40</del>
Senior Household	\$682	\$62	<del>\$40</del>
Youth (under 19)	\$297	\$27	<del>\$40</del>

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### YMCA of GRAND ISLAND NEBRASKA

#### Perks of Corporate Memberships

- Waived facility fee (a \$40 value)
- FREE Personal Training Consultation/Fitness Orientation for your employee - A YMCA personal trainer will administer the fitness tests and help the employee establish ways to improve scores. This includes the following tests: cardiovascular endurance; body composition; muscle strength; muscle endurance; flexibility; BMI; and blood pressure.
- One FREE on site Wellness Presentation for employee education ( Level 2 Partners will receive 2 on site Wellness Presentations; several available topics to choose from, additional classes available for a fee\*)
- Quarterly Challenge Campaigns (\*minimal fee may be charged to cover cost)
- One FREE on site fitness class or private group fitness class at the Y (a YMCA certified group fitness instructor will take your employees through a 45 minute workout on-site or at the Y.) (Level 2 Partners will receive 2 free on site fitness classes or private fitness classes at the Y, choose from available classes; additional on site fitness classes are available for a fee\*)
- "Try the Y Week"- An Open House Week will allow your employees to "Try the Y" for a week before they join.
- Healthy Living Challenges - Healthy Living Challenges are short-term behavior change contests, interventions, and team activities designed to improve health and employee morale. These can be scheduled and run whenever you would like. Common challenge examples: Gallon A Day; Step Challenges; Eat Your Greens; and any suggestions you would like!
- Table at the Y - Need Employees? Share your company with the Y! You have the option to table/booth at the Y during the last week of each month. Let us know what day works best for you!
- Receive Monthly Utilization Reports for your Employees- The Y, will provide, upon request, monthly tracking of employee usage for those companies using internal reimbursement.
- Business Recognition on the Grand Island YMCA website, as a Healthy Living Partner
- Membership pricing on all programs and child care
- FREE Child Watch up to 2 hours (child must be an active member)
- Access to two wood floor gyms, six-lane 25 meter swimming pool, racquetball courts, walking/running track, cardio equipment, and free weights
- Nationwide privileges at all participating YMCA facilities
- Opportunities for giving back to our community through volunteering and giving
- FREE use of Adult Fitness Center: hot tub; dry sauna; and steam room
- FREE Land and Water Group Fitness Classes ( Zumba, Tai Chi/Qi Gong, Group Cycling/RPM, BODYATTACK™, Pilates, Hatha Vinyasa Yoga, SPRINT™, BODYPUMP, CORE, GENTLE YOGA, Deep Water Fitness, Shallow Water Fitness, Aqua Zumba, and more)

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CORPORATE HEALTH & WELLNESS SERVICES

# PARTNER FOR HEALTHY LIVING

YMCA of GRAND ISLAND NEBRASKA

<b>Road Races &amp; Fitness Events</b>	20% Discount		
<b>On-Site Fitness Classes</b>	INTRO Class = Free	4 Classes for \$120	8 Classes for \$240
		12 Classes for \$360	16 Classes for \$425
<b>Personal Training</b>			
45 minute session (Fees based on Member Rate \$35/session and Program Member Rate \$70/session)	1 Session: Y	5 Sessions:	10 Sessions: Y
	Member: \$30 Non-Member: \$60	Y Member: \$130 Non-Member: \$210	Member: \$250 Non-Member: \$400

The YMCA is a charitable organization that enriches the community through the areas of Youth Development, Healthy Living, and Social Responsibility. The Y is made up of people of all ages and from all walks of life working side by side to strengthen communities. Together we work to ensure that everyone, regardless of ability, age, cultural background, ethnicity, faith, gender, gender identity, ideology, income, national origin, race, or sexual orientation has the opportunity to reach their full potential with dignity.

The generosity of others is at the core of the Y’s existence as a nonprofit. It is only through the support of our volunteers and donors that we are able to support and give back to the communities we engage with. We offer many opportunities to give back to our community through volunteering and giving!

\*Please consider supporting our OPEN DOORS SCHOLARSHIP CAMPAIGN – MEMBERSHIP ASSISTANCE PROGRAM by becoming a Mission Member.

### Mission Member (One Time Donation or Monthly Add-On)

A Mission Member has the power to make a difference in our community without breaking the bank. For as little as \$1.00 a month, you can support our Strong Families Campaign so we can continue to offer our Membership Assistance to the Grand Island area. If you would like to become a Mission Member and join a force of individuals/businesses dedicated to making a positive impact, please ask us how!

Thank you for your time,

**Brooke Fries**  
Membership / Wellness Director  
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