



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WORK GROW THRIVE

Creating Work/Life
Balance



Corporate Wellness Program
YMCA Twin Cities

Corporate Wellness Employee Benefits

Today, many people spend more hours at work than anywhere else. Joining a corporate wellness program is one way to establish a more balanced life. At the Y, you'll find a wide variety of services that promise to engage you and, best of all, they're convenient.

See how good wellness feels and take advantage of a **FREE trial week** before you commit to a membership.

Y BENEFITS & CLASSES

The Y has a plan to help you reach your health and wellness goals. Whether it's working out in the fitness center, swimming laps in the pool or participating in a class, the Y has something for everyone.

FITNESS CENTERS

State-of-the-art fitness centers with a comprehensive range of equipment and free weights, running tracks, and gyms.

AQUATIC CENTERS

Inviting aquatic centers with indoor and outdoor pools, splash decks, saunas, steam rooms and whirlpools

KID'S STUFF DROP-OFF CHILD CARE

FREE child care with fun, structured activities for up to 2-hours while you work out

WELLNESS CONSULTATIONS

FREE wellness consultation with a fitness professional to identify your personal health and fitness goals

PERSONAL TRAINING

Nationally-certified trainers who will personalize your workouts to help you achieve your unique health and wellness goals

GROUP EXERCISE CLASSES

More than 60 FREE group exercise classes, designed to provide a fun and motivating workout. Drop in to check out different classes to find what you like

YOUTH & FAMILY EXERCISE CLASSES

FREE, fun, high-energy group classes the whole family will love

MEMBER-PRICED SWIM LESSONS

Swim lessons for nearly every age and skill level, whether you want to learn something new or improve existing skills, all at discounted member rates

WHY CHOOSE THE Y?

Because we know that healthy lifestyles are achieved through nurturing Spirit, Mind, Body, well-being and fitness at the Y is so much more than just working out.

Beyond fitness facilities, we provide educational programs to promote healthier decisions, and offer a variety of programs that support physical, intellectual and spiritual strength.

Our mission is to help you and your family achieve a balance of spirit, mind and body by encouraging good health, fostering connections with friends and giving back for a stronger community.

START TODAY

Enrollment is easy. Simply visit any of our 21 conveniently located YMCA branches and tell our staff you wish to take part in your company's wellness program. That's it!

To find the YMCA closest to you, just go to:
ymcatwincities.org/locations

Membership Includes:

- One trial week of membership for you and your family
- \$0 enrollment fee when you join during the trial week
- Full access to all 21 YMCA Twin Cities convenient locations
- FREE Wellness Consultations
- Dozens of free programs and activities for you and your family
- FREE On-site Kids Stuff childcare while you work out
- FREE Towel service
- Access to YMCA Child Care, Preschool, Before and After School Programs, Summer Programs, Day Camp and Overnight Camp

\$15/month reimbursement
(upon 12 visits/month. Restrictions apply)