

A woman with her eyes closed and hands in a prayer position (Anjali Mudra) is meditating. She is wearing a light blue button-down shirt and dark trousers. The background shows a bright office space with a white shelf holding a small potted plant and some papers.

# WORK GROW THRIVE

**CREATING WORK/LIFE BALANCE**

**CORPORATE  
WELLNESS PROGRAM  
YMCA OF THE NORTH**

# 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.

## 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

### KIDS STUFF DROP-OFF CHILD CARE

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

### 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

## 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.

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 more than 20 conveniently located YMCA locations 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:  
[ymcanorth.org/locations](https://ymcanorth.org/locations)

## MEMBERSHIP INCLUDES:

- Free 5 day trial pass for you and your family
- \$0 enrollment fee (\$50 savings)
- Full access to more than 20 YMCA of the North convenient locations
- FREE Fitness Assessment
- Dozens of free programs and activities for you and your family
- On site Kids Stuff childcare for children on membership while you work out
- Member discounts on swim lessons, camp, youth sports and summer programs.

**\$ 15/ month reimbursement**  
(upon 6 visits/month. Restrictions apply)