



HAPPIER WORKERS

HEALTHIER BOTTOM LINE

TRI-CITIES FAMILY YMCA
WORKPLACE WELLNESS
PROGRAM



WORKPLACE WELLNESS CONTACT

Kelly Ruffing

616-842-7051 ext. 229

kelly.ruffing@tcfymca.org

YMCA MEMBERSHIP IS GOOD FOR BUSINESS

WHY PARTNER WITH THE Y FOR WORKPLACE WELLNESS

When you partner with the YMCA for workplace wellness, you're giving your employees access to a full array of programs and resources resulting in improved stress management, increased physical activity and improved overall health.

» DECREASED ABSENTEEISM & HEALTH CARE COSTS

» INCREASED PRODUCTIVITY & MORALE

» HAPPIER, HEALTHIER, WORKFORCE

HELPING YOUR EMPLOYEES LIVE BETTER WITH

- Free initial consultation with our Personal Fitness Trainers
- Free child care during workouts
- Waived Joining Fee under your workplace wellness program
- Free cutting-edge fitness classes like HIIT, Spinning, Outdoor Cross-Terraine and Pilates
- Free noon pick-up basketball
- 25-meter pool, spa and sauna
- Programming and events for all ages
- Nationwide YMCA reciprocity
- Member discounts on camps, classes, preschool, child care and events

OPERATING A HEALTHIER WORKPLACE THROUGH

- Workplace challenge programs
- Monthly utilization reports
- Minimal administrative commitment
- Payroll deduction options
- Flexibility to tie into overall wellness plan or operate independently
- YMCA participation in employee health fairs
- Corporate spotlight in monthly Y newsletter
- Options for matching and corporate rates
- Customized marketing materials
- Open enrollment for new hires
- Employee participation incentive plans