FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GOOD HEALTH IS GOOD FOR BUSINESS

WORKPLACE WELLNESS

YMCA AT GOTHENBURG HEALTH

Participating in the workplace wellness program creates a partnership between your business and the YMCA. Your employees will have the opportunity to be part of a place where people can **build stronger bonds,** achieve greater **work/life balance** and become **more engaged** in their community. Healthy employees are **more productive employees,** have lower stress, are more positive, miss work less often, have lower healthcare costs and **fewer medical claims.**

YMCA Workplace Wellness partners understand the value of healthy employees. Contribute to your employee's YMCA membership to increase their benefit. The YMCA at Gothenburg Health offers employees a $5 workplace wellness discount and waives the join fee.

With your monthly contribution at any amount desired, your employees will receive big savings, have a healthier lifestyle and appreciate the ease of payroll deduction. The YMCA will invoice your company monthly.

Membership Regular Rate	Workplace Wellness Rate	Employer Contribution (Example Only)	Employee Rate
Adult — $43	$38	$10	$28
Family — $64	$59	$10	$49
65+ Single — $38	$33	$10	$23
65+ Couple — $55	$50	$10	$40

FEATURES:

Wellness Center
Free Weights
Weight Machines
Precor Cardio Equipment
Gymnasium
Basketball Courts
Volleyball Courts
Pool
Pickleball Court
Game Room
Indoor Track
Family Locker Rooms

SERVICES:

Free Child Watch
Summer Camp
Fitness Incentives
Family Programming
Group Exercise Classes
Personal Training
Free Equipment Orientations
Volunteerism
Youth and Adult Sport Leagues Races and Events

YMCA AT GOTHENBURG HEALTH
910 20th St. | 308.537.4022 | www.ymcaoftheprairie.org

YMCA AT GOTHENBURG HEALTH
WORKPLACE WELLNESS AGREEMENT

Welcome to the YMCA at Gothenburg Health Workplace Wellness Program.
We are excited to include you as a participant of our wellness partnership. We are dedicated to building strong kids, strong families and strong communities and committed to providing the best choice for your health and wellness programs for your employees.

Company Name _____

Address _____ Phone # _____

Representative _____ E-mail _____

Please share how your company will be encouraging YMCA membership.
(Employer contribution toward membership)

_____

The YMCA agrees to provide the following:

- Waive the joining fee for all Workplace Wellness Members when the company pays a portion of their employees' membership.
- Offer employees a $5 wellness discount on monthly membership fees. Membership fees will be deducted from each employee's paycheck, and the YMCA will invoice the company once a month. Your business has the opportunity to subsidize a portion of the employee's Y membership each month at any amount.
- Produce usage reports to track how often employees are exercising.
- Work with your company's wellness coordinator to promote health and wellness within the workplace.
- Provide employees an individual session of our Wellness Orientation, including one-on-one conversations with a trainer and basic introduction of selected cardio and weight equipment.
- Provide employees a "Try the Y" free for two weeks with a VIP Card if requested.

Usage reports requested? Yes ☐ No ☐

This agreement in no way represents a contract between your company and the YMCA of the Prairie. Your company or the YMCA may dissolve this agreement at any time, with 30 days notice, by completing the Workplace Wellness Cancellation form.

YMCA Staff Signature _____ Date _____

Company Rep. Signature _____ Date _____