

DOOR COUNTY YMCA

INVEST IN YOUR MOST VALUABLE ASSET



**CORPORATE
MEMBERSHIP
PROGRAM**



THE BEST CORPORATE INVESTMENT

Are you ready to make the best investment decision for your employees and your company?

Here's what studies show us:

- Exercise helps achieve higher mental concentration and alertness
- Participants enjoy work more than non-participants. It's a morale booster and rapport builder among coworkers.
- Exercise improves reaction time, memory and decision-making ability.
- Participants are more productive, have more stamina AND are sick less often.
- Exercise induces sounder sleep, allowing for a better handle on stress.

BENEFITS OF EXERCISE



Reduces risk of depression, anxiety, and helps increase better sleep



Reduces risk of cardiovascular disease, developing type 2 diabetes, and metabolic syndrome



Lowers risk for developing several commonly occurring cancers

All you need is 150 minutes a week of moderate-intensity aerobic activity. **That's just:**

30 / 5
minutes a day / days a week

<https://www.cdc.gov/physicalactivity/basics/pa-health/index.htm>

OUR MISSION: Welcoming all, the Door County Y engages and connects with families and individuals of all ages in pursuit of well being and a vibrant, healthy, values-driven community.

WHY THE Y?

MEMBER BENEFITS

- Full access to both conveniently located Y branches (Sturgeon Bay & Fish Creek)
- FREE fitness center orientation with personal trainer
- FREE access to the Y360 Virtual platform
- State-of-the-art cardio and strength equipment, as well as free weights
- 24/7 access to fitness centers and gymnasiums (18+ Members)
- Discounted program prices and early registration privileges
- Variety of programs for youth, adults, and families
- Speciality Programs (i.e.-Y Weightloss, Parkinsons, LIVESTRONG™, M.IN.D.)
- Preschool Readiness, Before/After School Programs, Summer Camp
- On-Site Kid Care while you workout
- Open swim and gym times
- Jacuzzi and sauna access
- Use of walking/jogging track
- Nationwide Y access (use any participating YMCA facility throughout the USA)



Scan to apply!



STAY CONNECTED



www.DoorCountyYMCA.org

HOW IT WORKS

(FOR ENROLLED EMPLOYEES)



EXAMPLES:

TIER 1 – 100%	Monthly Rate	Employer 100%	Y-Match	Employee's Rate
Adult	\$56.50	\$46.50	\$10.00	\$0.00
Young Adult	\$42.00	\$32.00	\$10.00	\$0.00
Household	\$82.50	\$72.50	\$10.00	\$0.00

TIER 2 – 50%	Monthly Rate	Employer 50%	Y-Match	Employee's Rate
Adult	\$56.50	\$28.25	\$10.00	\$18.25
Young Adult	\$42.00	\$21.00	\$10.00	\$11.00
Household	\$82.50	\$41.25	\$10.00	\$31.25

TIER 3 – \$20	Monthly Rate	Employer \$20	Y-Match	Employee's Rate
Adult	\$56.50	\$20.00	\$10.00	\$26.50
Young Adult	\$42.00	\$20.00	\$10.00	\$12.00
Household	\$82.50	\$20.00	\$10.00	\$52.50

TIER 4 – \$10	Monthly Rate	Employer \$10	Y-Match	Employee's Rate
Adult	\$56.50	\$10.00	\$5.00	\$41.50
Young Adult	\$42.00	\$10.00	\$5.00	\$27.00
Household	\$82.50	\$10.00	\$5.00	\$67.50