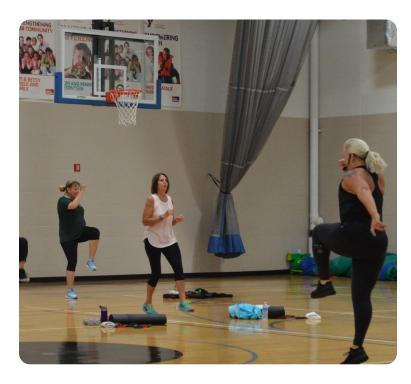
INVEST INYOUR MOST VALUABLE ASSET





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.

BENEFITSOF 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
- Specality Programs (i.e.-Y Weightloss, Parkinsons, LIVE**STRONG**TM, 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!









HOW IT WORKS

(FOR ENROLLED EMPLOYEES)

Employer Investment

+

The Y matches at 50% up to \$10



Employee pays a discounted rate

EXAMPLES:

TIER 1 – 100%	Monthly Rate	Employer 100%	Y–Match	Employee's Rate
Adult	\$58.00	\$48.00	\$10.00	\$0.00
Young Adult	\$43.00	\$33.00	\$10.00	\$0.00
Household	\$84.00	\$74.00	\$10.00	\$0.00

TIER 2 - 50%	Monthly Rate	Employer 50%	Y-Match	Employee's Rate
Adult	\$58.00	\$29.00	\$10.00	\$19.00
Young Adult	\$43.00	\$21.50	\$10.00	\$11.50
Household	\$84.00	\$42.00	\$10.00	\$32.00

TIER 3 - \$20	Monthly Rate	Employer \$20	Y-Match	Employee's Rate
Adult	\$58.00	\$20.00	\$10.00	\$28.00
Young Adult	\$43.00	\$20.00	\$10.00	\$13.00
Household	\$84.00	\$20.00	\$10.00	\$54.00

TIER 4 - \$10	Monthly Rate	Employer \$10	Y–Match	Employee's Rate
Adult	\$58.00	\$10.00	\$5.00	\$43.00
Young Adult	\$43.00	\$10.00	\$5.00	\$28.00
Household	\$84.00	\$10.00	\$5.00	\$69.00