

WHY THE Y

WE BUILD STRONG KIDS, STRONG FAMILIES,
STRONG COMMUNITIES.



Of all the things we value in life, our health is one of the most important.

That's why we make it our mission to help your employees become healthier and stronger in spirit, mind and body. Once they become part of the YMCA Corporate Wellness Program, we do more than provide membership cards and expect success to happen. We become a strategic partner in wellness – working with your company to create a program that works best for you and your employees. We identify wellness goals and priorities. We work with each individual at their own level to help them stay engaged, and ultimately give them a better chance for success. Each employee's family can take advantage of our free trial week to experience the Y prior to committing to their membership.

Having a YMCA membership card means more than just having access to a place to work out.

A membership includes:

- ◆ The perfect environment for families of all ages
- ◆ Access to all 11 Metro Milwaukee YMCA Branches
- ◆ Free enrollment in our coach-based Commit To Be Fit program
- ◆ Free YGroup Cycling and BodyPUMP classes and other adult fitness classes with convenient drop-in schedules
- ◆ Youth programs like swimming lessons, overnight and day camps, mentoring, gymnastics, martial arts, creative arts and babysitting classes
- ◆ Priority registration to all our programs
- ◆ Free fitness center orientation
- ◆ On-site Kid Care for your children while you workout
- ◆ Free trial week, one month free when you join
- ◆ Access to membership rebates just for working out at the Y
- ◆ Free Family Membership if your child is enrolled full-time at one of our child care centers

