



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OUR PARTNERS SEE MORE BENEFITS

WHY THE Y FOR CORPORATE MEMBERSHIP

The Y is uniquely positioned to be a partner in employee wellness. Let us help you build a culture of health at your worksite!



LOWER THE BAR TO WELLNESS

When cost is no longer a barrier, more employees participate — and that means greater impact. Discounted Y memberships make it easy for employees to start their wellness journey — and stick with it.



A PARTNER IN HEALTH THAT GOES BEYOND THE GYM

We help you invest in your employees' well-being in a way that's deeper, more personal, and longer lasting. Unlike typical fitness programs, the Y brings 150+ years of experience supporting whole-person health.



WELLNESS THAT WORKS FOR YOU, YOUR TEAM & THE COMMUNITY

A healthier workforce supports a healthier community. Together, we can move the needle on lifestyle health in our region.

2,080 hours

SPENT WITH YOUR EMPLOYEES EACH YEAR

DOING NOTHING MIGHT COST MORE

You spend 2,080 hours with your employees each year - often more than half of their waking hours! As an employer, you have a great opportunity to make a difference in the health of your employees. A growing body of evidence shows that investing in the well-being of your workforce yields powerful results. In fact, the average return on investment for employee wellness programs across industries and company sizes is 3:1 (Forbes).



UP YOUR VOI

Your investment pays off when your people show up —healthy, focused, and engaged.

Wellness programs work: Employers who implement them report up to a 56% drop in absenteeism and measurable improvements in productivity, morale, and retention.

Here's how the Y supports your wellness goals:

- Lunch & Learns and wellness fairs boost awareness and engagement
- Challenges build healthy habits that last
- On-site support makes it easy for employees to get involved

As a corporate partner, you'll have access to these programs at no extra cost—making your investment go even further.

YOUR Y EXPERIENCE

HOLISTIC WELLNESS

Work out your body, mind, and spirit! Join one of our three onsite Bible study experiences designed to provide tools for your faith journey. Our full-time Spiritual Director can provide chaplain services to your employees at your work site. Or attend a painting workshop with our Mental Health Program Director and explore mental health through art.

ACCESS TO EXPERTS

Y members have access to a variety of resources from Wellness Coaches to help new members get on the path to fitness, to Group Exercise instructors who guide members through class workouts. We also have a nutritionist on staff who provides consultations and workshops to assist members in obtaining good health through healthy eating goals and nutrition plans.

ENGAGE THE WHOLE FAMILY

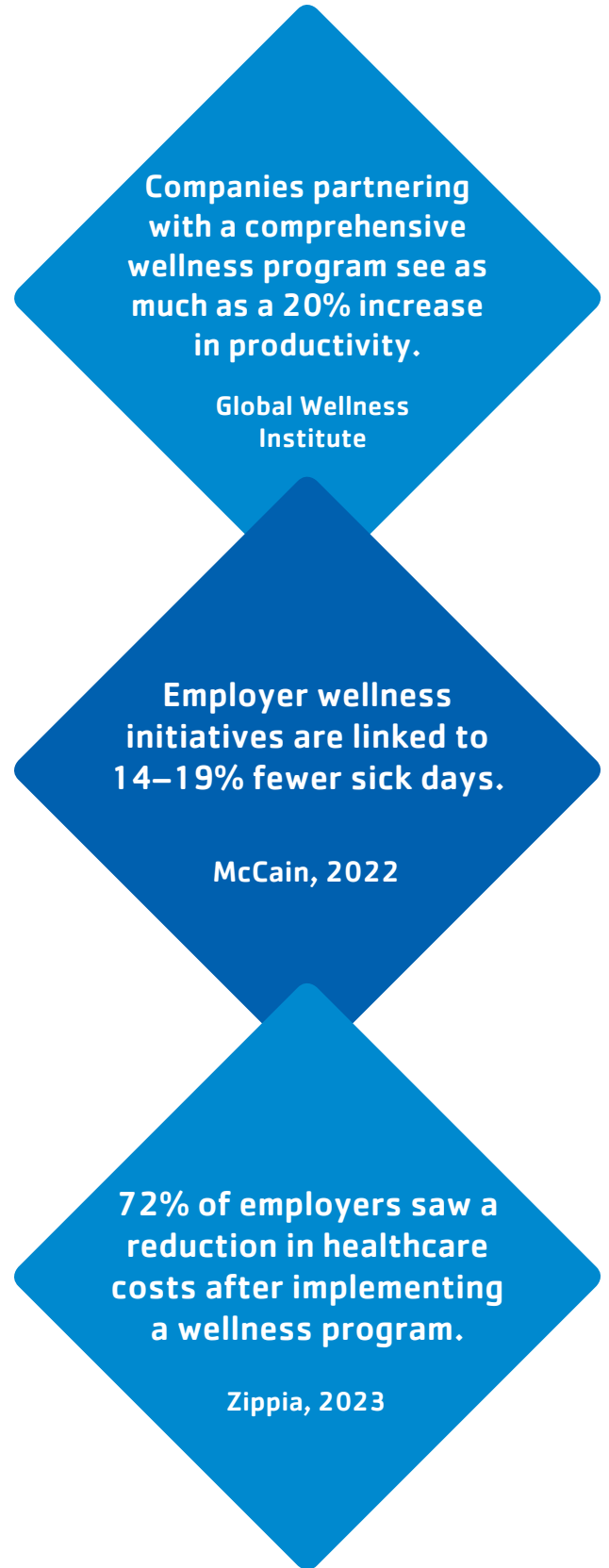
The Y has something for everyone. From drop-off care to rockwall climbing, from swimming to playing basketball, we offer the facilities and programs to engage everyone in your family.

VOLUNTEER FOR YOUR HEALTH

Did you know volunteering can increase self-confidence, reduce stress, and improve your health and happiness? The Y has volunteer opportunities every month - from small things like assisting in our Child Care Center to big events like our global missions trips, there are lots of ways to get involved and give back.

GETTING MEMBERS ON THE PATH TO SUCCESS

We know that members who have a plan are more likely to be successful. We offer new members orientations to our wellness centers to increase their confidence. Our new EGYM equipment makes getting started with strength training a breeze and InBody body composition analysis offerings create an opportunity for members to stay accountable to themselves and to see meaningful change beyond the scale.



YMCA AT PABST FARMS

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Oconomowoc, WI
53066 262-567-7251

GLACIAL COMMUNITY YMCA

glcymca.org

SCHULTZ FAMILY YMCA

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Watertown, WI 53094
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