



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Make Better Health a "Perk" Show your employees you care - while strengthening your business



Are you looking for a proven way to support employee well-being, boost employee morale, improve productivity, reduce safety-related risks, and retain talented and skilled employees?

The YMCA Workplace Wellness program is designed to help achieve these goals. This program offers far more than discounted gym & swim access. Through your partnership with the YMCA, employees and their families receive a comprehensive, holistic approach to wellness that supports physical and mental health, helps manage chronic disease, and strengthens family unity.

The YMCA welcomes the opportunity to better understand your values and wellness culture, and tailor our partnership to address your needs. Knowing healthier, happier employees are more productive, and bring more energy and focus to their work, let's start a conversation about how the YMCA can support your workforce. Your employees will be thankful for your thoughtfulness.

Participation in the YMCA's Workplace Wellness Program is simple, and depending on the tier level you select, there may be no cost to your organization. Simply:

1. Confirm your preference to either the ESSENTIAL or PLUS tier level
2. Schedule a 7-day complimentary Employee Appreciation Open House for all employees and their household family members
3. Announce our partnership, your goodwill, and this "Perk" to employees

Option A: Employee Workplace Wellness ESSENTIAL (No Employer Cost)

- YMCA 10% discount off monthly membership rates (see reverse side)
- Employee savings of up to \$116.64
- Employed, and current YMCA members, receive the discount as well
- Employee month-to-month memberships; no longterm contracts
- Employee Appreciation "Open House"; 7-day complimentary trial
- Full membership privileges at two local facilities
- YMCA360 ON-DEMAND (Classes, Arts, & Activities) Anytime. Anywhere.

Option B: Employee Workplace Wellness - PLUS

- All Option A benefits PLUS the following:
- Employer matches (may also exceed) the YMCA's 10% employee discount (see reverse side)
- Employee joining fees are waived
- Employee first year savings of up to \$323.28

Option A: 2026 EMPLOYEE WORKPLACE WELLNESS - ESSENTIAL RATES

MEMBERSHIP OPTIONS	ACCESS TO TWO FACILITIES		YMCA SUBSIDY	EMPLOYEE MONTHLY RATE*	FIRST 12 MONTH'S SAVINGS
	JOINING FEE	+MONTHLY DUES			
Adult (age 21 and up)	\$50.00	+\$57.50	-\$5.75	\$51.75	\$69.00
Household (two adults and dependents living at the same address)	\$90.00	+\$97.25	-\$9.72	\$87.53	\$116.64
Single Parent Household (one unmarried adult and dependents living at the same address)	\$90.00	+\$83.75	-\$8.37	\$75.38	\$100.44
Young Adults (ages 18-20)	\$30.00	+\$34.00		\$34.00	-

All amounts may be subject to a rate increase and change in sales tax.

*Plus sales tax

Option B: 2026 EMPLOYEE WORKPLACE WELLNESS - PLUS RATES

MEMBERSHIP OPTIONS	ACCESS TO TWO FACILITIES		COMPANY* CONTRIBUTION	YMCA SUBSIDY	EMPLOYEE MONTHLY RATE*	FIRST 12 MONTH'S SAVINGS
	JOINING FEE	+MONTHLY DUES				
Adult (age 21 and up)	\$50.00 \$0.00	+\$57.500	-\$5.75	-\$5.75	\$46.00	\$188.00
Household (two adults and dependents living at the same address)	\$90.00 \$0.00	+\$97.25	-\$9.72	-\$9.73	\$77.80	\$323.28
Single Parent Household (one unmarried adult and dependents living at the same address)	\$90.00 \$0.00	+\$83.75	-\$8.37	-\$8.38	\$67.00	
Young Adults (ages 18-20)	\$30.00 \$0.00		-	-	\$34.00	\$ 30.00

All amounts may be subject to a rate increase and change in sales tax.

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The YMCA is uniquely positioned to help businesses optimize a healthy workplace.

- Full membership privileges at the Central YMCA in Youngstown and the Davis Family YMCA in Boardman
- Member pricing for Camp Fitch YMCA
- Professional YMCA staff supporting engagement and participation
- SMARTSTART® initial on-boarding program for new members; includes three sessions with a wellness coach
- More than 100 FREE Fitness Classes a week
- A "Transition to Exercise Program" (T.E.P.) tailored to support post injury and physical rehabilitation
- FREE Child Watch in KidZone - drop your kids off at Child Watch while you work out
- Family-oriented programming, including: Movie Night, Parents' Night Out, and more
- Nationwide Membership - as a member, you are welcome to visit any participating YMCA in the US
- Chronic Disease Prevention Programs:
 - YMCA's Diabetes Prevention Program
 - YMCA Blood Pressure Self-Monitoring Program (Hypertension Program)
 - Delay The Disease (Parkinson's Program)
 - LIVESTRONG® at the YMCA - Cancer Survivor program (offered at no cost to survivors)

For more information or to enroll, contact Kevin Ruse, Corporate Wellness & Development Liaison
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