



YMCA OF METRO ATLANTA

# CORPORATE WELL-BEING PARTNERSHIP WITH THE Y





**YMCA OF METRO ATLANTA**



### **MISSION**

Reflecting its Judeo-Christian heritage, the YMCA of Metro Atlanta is an association of volunteers, members, and staff, open to and serving all, with programs and services which build spirit, mind, and body. Financial assistance is available based on need. The YMCA actively seeks to identify and involve those in need.

### **VISION**

Be the organization that champions communities where everyone belongs.

### **VALUES**

Caring, Honesty, Respect, Responsibility

# WELL-BEING AT THE Y MEANS...



Physical  
Health

Mental  
Health  
Focus

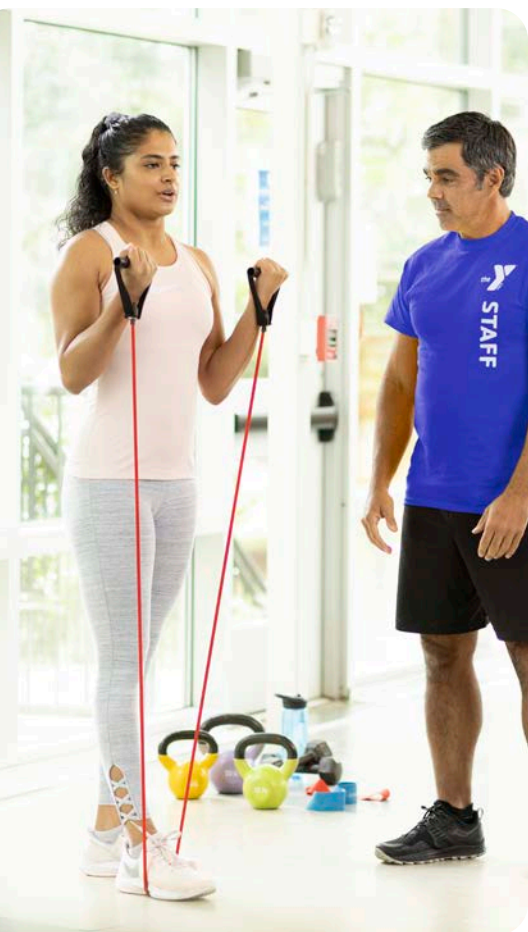
Volunteerism

Community  
Involvement

Programs  
for Adults &  
Families

Learning  
Opportunities

# STRONG EMPLOYEES, STRONGER COMPANY



## FOR YOUR COMPANY

- **Lower Healthcare Costs & Increased Productivity**
- **Recruit and Retain Top Talent**
- **Easy Administration**
- **Joining fees are waived for all participating employees.**
- **The Y contributes up to 20% of each employee's adult membership fee.**

## FOR YOUR EMPLOYEE

- **Access to health & wellness 24/7**
  - Access to all 19 metro Atlanta locations – Visit [ymcaatlanta.org/locations](https://ymcaatlanta.org/locations) for a full list!
  - State-of-the-art fitness centers with Peloton bikes
  - More than 3,000 FREE group exercise classes
  - Access to YMCA360 – virtual Y platform you can access anytime, anywhere
  - Nationwide Membership to Y's across the country
- **Support to meet your health & wellness goals**
  - FREE personal coaching through THE COACH APPROACH®
  - FREE weight loss management support
- **So much more than just a gym**
  - FREE childcare while you work out (with Family Membership)
  - Reduced rates on Y programs like youth sports, swim lessons, afterschool and camps
  - An inclusive, diverse atmosphere
  - Connection to a greater cause and a commitment to community well-being



## MORE THAN JUST A GYM

Volunteer Opportunities

Community Hunger Relief

Opportunities to Build Personal Connections

Water Safety Offerings

On-Site Wellness Team-Building Activities

Additional Health & Wellness Support

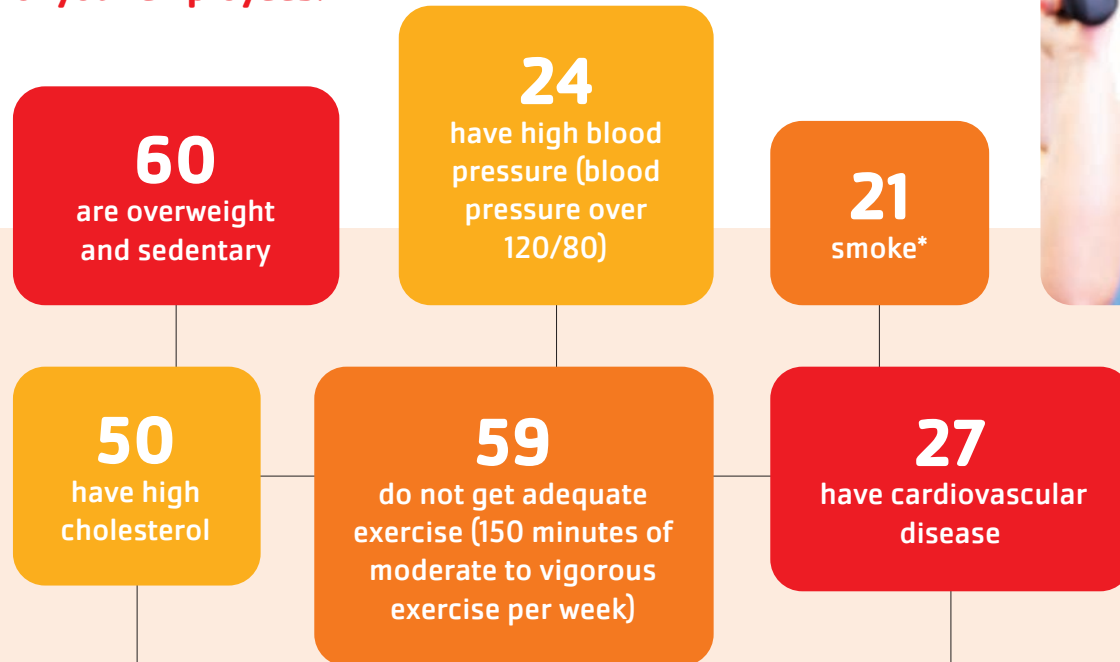
Financial Assistance for Programs and Membership



# YOUR EMPLOYEES BELONG HERE

Your employees health and wellness plays a key role in the company's productivity, attendance, satisfaction and overall cost of healthcare.

Recent data has shown that for every 100 of your employees:



YMCA programs like THE COACH APPROACH®, Blood Pressure Self-Management, Diabetes Prevention and Weight Loss For Life target these issues for a healthier workforce.

\*Source: U.S. Department of Health & Human Services.

## CORPORATE WELL-BEING MEMBERSHIP RATES

To jumpstart your employee well-being program, the Y contributes 20% of membership fees for program participants. Your organization can choose to share the remaining reduced costs with your employees.

Standard Monthly Membership	Rates	Corporate Membership Rate, with Y 20% Contribution	Joining Fees
<b>Family</b> 2 adults over 18 at the same address, unlimited dependents	\$99	<b>\$80</b> per month	<del>\$100</del> WAIVED
<b>Adult</b> (30-64)	\$61	<b>\$49</b> per month	<del>\$70</del> WAIVED
<b>Young Adult</b> (19-29)	\$37	<b>\$31</b> per month	<del>\$70</del> WAIVED



YMCA contribution requires a commitment of 25 memberships per organization. Invoicing can be executed centrally or individually with employees.







The YMCA is not just a place, we are  
a purpose, and being a part of the  
YMCA is not just about building and  
programs, it is about being a part of  
something bigger than all of us.

**YOU BELONG HERE.**

**To learn more about  
partnering with the Y,  
contact Jennifer Rewkowski  
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[www.ymcaatlanta.org](http://www.ymcaatlanta.org) 

[Facebook.com/MetroAtlantaY](https://Facebook.com/MetroAtlantaY) 

[Twitter.com/atlantaymca](https://Twitter.com/atlantaymca) 

[Youtube.com/MetroAtlantaYMCA](https://Youtube.com/MetroAtlantaYMCA) 

[Instagram.com/atlantaymca](https://Instagram.com/atlantaymca) 

