



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CORPORATE MEMBERSHIP

AT THE Y!

BUILDING A HEALTHY WORKFORCE

- ✓ Increased Productivity
- ✓ Decreased Employee Absenteeism
- ✓ Employee Stress Relief
- ✓ Better Time Management
- ✓ Improved Memory Retention
- ✓ Reduced Health Care Costs

WHY OFFER A CORPORATE HEALTH PROGRAM?

Healthy, happy people are good employees. A well-rounded benefits package, one that includes a YMCA Membership, is attractive to current and potential employees. An estimated 25-30% of companies medical costs per year were spent on employees with excess, often preventable, health risks.

www.ymcaofportage.org

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PORTAGE TOWNSHIP YMCA
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DID YOU KNOW?

For every 1200 employees:

- 60** are overweight and sedentary.
- 59** do not get adequate exercise.
- 50** have high cholesterol.
- 27** have cardiovascular disease.
- 24** have high blood pressure.
- 21** smoke.

THE MANY BENEFITS OF A YMCA MEMBERSHIP

- Full Use of the Facility
- Group Exercise Classes
- Cardio Area
- Free Weights
- Strength Equipment
- Walking Track
- Giving & Volunteer Opportunities
- Infrared Sauna
- Child Watch Fun Zone
- Nutrition Kitchen (\$)
- Program Discounts
- Hydro Water Massage Tables
- Racquetball & Pickleball
- Full Court Gymnasium
- Volleyball & Basketball
- Positive Family Environment
- Sensory Deprivation Tank (\$)
- On-Site Medical Care provided by NorthShore Health Centers
- Blood Pressure Self-Monitoring (\$)
- Styku 3D Body Scans
- 24-Hour Access (\$) 18+ Only

CORPORATE MEMBERSHIP

The Portage Township YMCA offers a corporate membership plan for qualifying employees. To see a list of participating corporations, visit our website: ymcaofportage.org and click **JOIN ONLINE**.

Corporate Memberships Include

- ✓ 10% Discount on monthly membership dues
- ✓ Discounts on most YMCA programs

CORPORATE MEMBERSHIP PRICING

Employee must be an active member on the membership unit to qualify.

	JOINER FEE		\$25-\$50
TWEEN & TEEN	\$18.00	FAMILY 2	\$58.50
YOUNG ADULT	\$22.50	FAMILY 3	\$67.50
ADULT	\$36.00	SENIOR	\$27.90
COUPLE	\$54.90	SENIOR COUPLE	\$43.20
FAMILY 1	\$45.00	VIRTUAL	\$13.50

All employees must show proof of current employment and sign-up for membership in-person at the Portage Township YMCA or online. All prices shown above reflect the maximum income-based monthly corporate membership dues.
YMCA Scholarship Assistance available to those that qualify. Pricing valid only at Portage Township YMCA.