



# HEALTHY WORKFORCE, HAPPY EMPLOYEES

**Corporate Membership Program  
North Suburban YMCA**

2705 Techny Rd.  
Northbrook, IL 60062  
847-272-7250  
[nsymca.org](http://nsymca.org)

# BENEFITS OF YOUR EMPLOYEES JOINING A CORPORATE WELLNESS PLAN:

A healthier workplace has its positive benefits such as...

- Lower health care costs
- Happy workers
- Increases in employee productivity
- Reduces stress
- Reduces absenteeism
- Increases bottom line
- Reduces employee turnover
- Improves morale
- Attracts and retains high-performing employees

## A CURRENT WORKPLACE EPIDEMIC

In the typical American Workplace about...



80% don't exercise



60% are overweight and sedentary



50% have high cholesterol



27% have cardiovascular disease



24% have high blood pressure



**Documented savings are observed in medical costs, absenteeism, worker's compensation claims, short-term disability and improved on-the-job efficiency due to fewer employee health problems.**

- American Journal of Preventative Medicine





# THE Y. SO MUCH MORE THAN A GYM

Through a North Suburban YMCA corporate membership, your company will become a part of an organization that is more than a fitness club. It's about belonging to a community that is committed to bringing the best to everyone, for a better us.

## FREE

- Unlimited FREE group exercise classes with more than 60 offered weekly, including yoga, cycling, Pilates, TRX, cycle and LesMills BODYPUMP™.
- Fitness assessment and consultation
- Babysitting while you workout
- Special events for the whole family
- Family swimming & lap swimming
- Monthly life enrichment seminars
- Open gym volleyball, basketball and pickleball

## DISCOUNTS

- Massage by Align Wellness
- Personal training
- Small group training
- Swim lessons
- Sports and gymnastics
- Performing and visual arts classes
- Educational enrichment classes

## FACILITY FEATURES

- Three racquetball courts with free play
- Men's and women's only locker rooms
- Family-only locker room
- Modern strength training center and track for all levels of users
- Full-sized gymnasium
- Six-lane pool, sauna, steam room, and whirlpool
- Two floors of the latest in cardio, strength, free weights and circuit training equipment



## HOW TO START!

Offering a Y membership to your employees means giving them the support they need to achieve their health goals. Employees of existing corporate partners should bring in proof of employment (recent pay stub or dated paperwork proving employment) to the North Suburban YMCA and see a Guest Services Associate for assistance.

Benefit coordinators or designated human resource representatives who want to develop a corporate membership program tailored to the needs of your business, **please contact Heidi Busch, NSYMCA Membership Director at [hbusch@nsymca.org](mailto:hbusch@nsymca.org)**

## BE A PART OF SOMETHING BIGGER

As a part of the NSYMCA family, your employees become a part of a community focused on bringing the best in everyone. Your employees can use their awesome talents in various ways:

- Assist as a program volunteer
- Coach a youth sport
- Volunteer at special events throughout the year
- Team building volunteer group activities
- Set up special company-wide community service events

## ONE PLACE FOR ALL

The North Suburban YMCA has a special offer for your employees:

- No joiners fee
- Reduced monthly membership fees
- Need-based scholarship options available
- No contracts or cancellation fees
- Opportunities for on-site health screenings, fitness classes or seminars
- FREE babysitting while you work out and free family programs

## WE SUPPLY THE BENEFITS AT NO COST TO YOU!

- FREE "Try the Y" week for your company (Flyers are available to distribute)
- Representation at the company health fairs
- On-site membership enrollment
- FREE day passes
- Electronic advertisements for company newsletters or websites.

## CONNECT WITH YOUR EMPLOYEES

Companies with corporate membership plans receive:

- Special discounts on facility rentals
- An investment in a great work environment at no cost
- Becoming a part of a community through volunteering
- And many more benefits

