

# Corporate Wellness

Help your employees become active, healthy and more productive today!



## GOOD HEALTH GOOD BUSINESS

At the Spencer Family YMCA, we are committed to helping people grow in spirit, mind and body. We are more than a "swim and gym". We are a cause within a facility providing members with a supportive and motivational environment to take control of their health and well-being. The Y offers a wide variety of programs, services and volunteer opportunities to help members stay healthy and connected.

A YMCA Corporate Membership is available to employees and their family. Through the Corporate Membership Program, employees and immediate family receive 5-15% discount.

### Active Employee Membership Discounts:

- 5 - 9 employees = 5% discount
- 10 - 14 employees = 10% discount
- 15+ employees = 15% discount

## BUILDING A HEALTHIER WORKPLACE TOGETHER



**QUESTIONS? Contact:**  
Spencer Family YMCA  
(P) 712 262 3782

**Megan Whitaker**  
Director of Operations  
mwhitaker@spencerymca.org



## CORPORATE MEMBER BENEFITS

### NATIONWIDE MEMBERSHIP

With a Spencer Family YMCA membership, you will have access to all cooperating YMCA's Nationwide.

### FITNESS ASSESSMENT

FREE Body Composition and Blood Pressure check at your place of employment annually.

### FREE GROUP EXERCISE

Adult exercise classes are free to members. The Y will set up sample classes at the Y just for employees at your company.

### FAMILY FUN DAY

Corporate members join with Y staff to plan an annual Family Fun Day for ALL of their employees, which will include inflatables, both pools, volleyball, pickle ball, and so much more! ALL employees are invited, even if they do not have membership.

### PRIORITY REGISTRATION

With a YMCA membership, youth qualify for priority registration for each program session, as well as the regular member discount.

# CORPORATE 2020



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

	Bank Draft Rate	5% Discount	10% Discount	15% Discount
	Annual Rate	Corporate	Corporate	Corporate
Youth	\$ 22.00	\$ 20.90	\$ 19.80	\$ 18.70
	\$247.00	\$234.65	\$222.30	\$209.95
Adult	\$ 42.00	\$ 39.90	\$ 37.80	\$ 35.70
	\$471.00	\$447.45	\$423.90	\$400.35
Senior	\$ 30.00	\$ 28.50	\$ 27.00	\$ 25.50
	\$337.00	\$320.15	\$303.30	\$286.45
Adult Couple	\$ 60.00	\$ 57.00	\$ 54.00	\$ 51.00
	\$673.00	\$639.35	\$605.70	\$572.05
Solo-Parent	\$ 44.00	\$ 41.80	\$ 39.60	\$ 37.40
	\$496.00	\$471.20	\$446.40	\$421.60
Family	\$ 71.00	\$ 67.45	\$ 63.90	\$ 60.35
	\$804.00	\$763.80	\$723.36	\$683.40

**NEW!**

- ◆ SAUNA
- ◆ STEAMROOM
- ◆ SPA
- ◆ ADULT LOCKER ROOM

## CURRENT CORPORATE MEMBERSHIP PARTNERS:

Avera Family Care	5%	Northwest Bank	15%
Arnold Group	10%	Rembrandt Foods	5%
Campbell, Higgins & Mummert	5%	Seasons Center	10%
City of Spencer	10%	Solutions, Inc.	10%
Clay County	10%	Spencer Hospital	15%
Community State Bank	5%	Spencer Public Schools	15%
Farmers Bank	15%	SMU	5%
Iowa Lakes Regional Water	5%	State of Iowa	15%
Great Lakes Communications	10%	St. Luke's	10%

## GUEST PASSES:

	Day Rate
Youth	\$7.00
Adult	\$10.00

### NEW TO THE Y?

Take a tour of the Y and receive a 1-week FREE Trial Membership

### QUESTIONS?

Contact Megan Whitaker  
Director of Operations  
mwhitaker@spencerymca.org

## HOW IT WORKS:

- The employee and the immediate family can receive the discount, for example an employees child.
- Corporate discounts are for membership only and do not include youth programs, personal training, special events, etc.
- Discounts - One discount per membership is permitted. For example a corporate discount can not receive a discount from any other promotion.