the YMCA

HEALTH & WELLNESS PROGRAMS

YMCA SERVICES

Specialty Corporate Services

The best way for us to serve you is to meet with you to understand your goals and company culture. From there, we will craft a comprehensive wellness program that can include programs and services offered either at the YMCA or on-site at your company location.

CORPORATE MEMBERSHIP		AT THE Y	AT YOUR SITE	COST
Challenge Course	A corporate team-building activity on a low ropes course, small or large groups	X		Varies
Fitness Classes	A lunchtime fitness class or an educational opportunity is a great way to break up the day.		X	$75 per hour + $15 mileage
Group Fitness Classes	Group fitness classes available at the Y each week to enhance physical fitness	X		Free for Membership, $15 guest pass for adult avail.
Wellness Seminars	Topics range from nutrition, to stress, to physical activity, & healthy habits presentation by a Personal Trainer or Registered Dietitian		X	$150 per hour/ $300 per hour specialty
Massage Therapy	Renew and restore energy with a message	X	X	On site chair $65 per hour + $15.00 mileage At Y pricing varies
Personal Training	A personalized program for individuals or groups taught by certified personal trainer. Goal setting, workout variations, accountability, motivation, form & technique	X	X	$90 per hour for on site At the Y pricing varies
Registered Dietitian Services	The Y's food and nutrition experts translate the science of nutrition into practical, healthy solutions that promote positive lifestyle choices	X	X	$85 per hour At the Y pricing varies
Y Facility Rentals	Small and large group business meetings, birthday parties, baby showers	X		Varies

FOR MORE INFORMATION

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