



**GOOD
HEALTH IS
GOOD
BUSINESS.**

EMPLOYEE WELLNESS PROGRAM

If your company is interested in learning more about joining the Y's Employee Wellness program, contact **Doug Temple, Membership Director** at 989.753.7721 or DTemple@SaginawYMCA.org.



YMCA of Saginaw
1915 Fordney Street
Saginaw, MI 48601

GOOD HEALTH IS GOOD BUSINESS.

EMPLOYEE WELLNESS PROGRAM



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

YMCA of Saginaw
1915 Fordney Street
Saginaw, MI 48601
989.753.7721
Visit us at
SaginawYMCA.org

Facility Hours

Mon-Thur	5:00am - 9:30pm
Friday	5:00am - 9:00pm
Saturday	6:45am - 7:30pm
Sunday	11:00am - 6:00pm



14 DAYS TO A BETTER YOU

BENEFITS TO EMPLOYER

Investing in a healthier staff
can translate to:

- Lower absenteeism
- Increased productivity
- Higher morale
- Improved corporate image
- Lower healthcare costs
- Recruiting high quality staff
- Higher retention

BENEFITS TO EMPLOYEE

Joining the Y can translate to:

- Improved overall health
- Increased ability to handle stress
- Improved self-image
- More positive attitude
- More energy
- Increased family activity opportunities
- Significant cost savings

BENEFITS OF AN EMPLOYEE WELLNESS PARTNERSHIP

When your company joins the YMCA of Saginaw's Workplace Wellness Program, not only will your employees benefit, your company will benefit as well. It's a fact that healthy employees are more productive, have lower stress, are more positive, miss less work, lower healthcare costs and have fewer medical claims. Plus, it gives your employee benefit program one more attractive option, leading to greater employee satisfaction and retention.

The best way for us to serve you is to understand your goals and company culture. From there, we will craft a more comprehensive wellness program that can include programs and services offered at the Y. As a partner in health employer your staff will experience \$0 join fee (savings of \$75) and income based membership/program fees (savings of 50% off standard fees). Additional value benefits determined based on employer priorities.

WE ALSO HOST YEAR-ROUND GROUP RETREATS AND TEAM-BUILDING FOR CHURCH GROUPS, SCHOOLS, SPORTS TEAMS, AND BUSINESSES AT YMCA CAMP TIMBERS – WEST BRANCH, MICHIGAN.



EMPLOYEE WELLNESS PARTNERSHIP INCLUDES:

For Adults:

- Energetic Y team focused on helping you reach personal goals!
- Improve your heart, health, build strength and flexibility while using circuit machines, free weights, and state of the art cardio equipment.
- Personal trainers help with rehabilitation, sports specific training, or creating a lifetime wellness plan that is realistic and achievable.
- ActivTrax – A program created specifically for you around resistance training.
- FREE – Over 60 group exercise classes weekly (yoga, water aerobics, step, and more!)
- Two pools offer water walk, lap swim, swim lessons and water aerobics.

- Laughs, sportsmanship, competition and camaraderie happen on all of our racquetball and basketball courts.

For Families

- FREE – Child watch for youth 6 wks. old through age 9
- Kids enjoy being part of a team and parents get the opportunity to lead as a role model in Y sports like basketball, football, T-ball, and more!
- Y Camp Timbers offers youth and families an outdoor adventure where everyone participates in new experiences, connects and grows.
- Help your child be safe – Swim lessons and water safety programs
- Monthly parents night out party for kids event featuring movies, crafts, swim, sports and play!

FINANCIAL

- Joiner fee is waived (save up to \$75)
- Monthly rates up to 50% off
- Win/Win offer participation incentive

PROMOTION

- Personalized promotional posters, 14 Days to a Better You – 2-week Y trial for all employees and families
- Make it fun – run internal challenges

GROUP RETREATS

- 300 acres, 16 cabins, private lake for team-building activities.

READY TO GET STARTED?

To get started or for more information, contact:

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