



EMPLOYER BENEFITS



Employer Benefits

The benefits of your partnership with the YMCA of Metropolitan Washington will be evident as improved employee health impacts your bottom line. Effective employee involvement strategies, fully-equipped, modern facilities, health risk assessments and recreational activities will motivate your employees to improve their health and well-being through their YMCA membership.

For your company, this results in a more loyal, energetic work force with fewer illnesses and injuries, reduced absenteeism and higher employee retention rates.

YMCA Corporate Partnership Program

Tracking Benefits

- Efficient, computerized tracking of employee attendance
- Benchmarking progress in muscle strength, endurance, flexibility, cardiovascular improvement, etc.
- Quarterly reports provided to employer

Promotional Benefits

- Workplace posters
- Employee brochures and applications
- Employee guest passes

Value-added Benefits

- Open house days for all of your employees to utilize YMCA facilities
- Preferred rate for your corporate events at beautiful Camp Letts
- YMCA Corporate Partnership staff liaison assigned to your company
- Corporate challenges and contests organized for you
- Proactive incentives for employees who workout



Employee Benefits

Employees participating in the YMCA of Metropolitan Washington Corporate Partnership Program will enjoy unprecedented benefits!

Full facility use

- State-of-the-art Fitness Centers
- Gymnasiums
- Exercise studios
- Run/Walk tracks
- Pools
- Locker rooms
- Climbing walls

Free

- Babysitting

Free

- Aerobics and Fitness Classes
 - Yoga
 - Pilates
 - Step
 - Boot camp
 - Beginner Classes

Free

12-Week Fitness Program

- Start-up fitness assessment orientation and customized exercise plan

Reduced rates on programs!

- Health and fitness specialty programs
- Personal training
- Sports programs
- Child Care programs
- Summer Day Camp
- Summer Overnight Camp

Other benefits!

- Health risk assessments
 - Fitness testing
 - Body fat testing
 - Blood pressure evaluation
- Free guest passes for each membership
- Fitness consultation and progress reports offered annually

We also offer Personal Training by the hour and full body massage.



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