



## YMCA FACILITIES AND ON-SITE PROGRAMS

### YMCA Facilities\*

Within a safe and welcoming environment, YMCA of Metropolitan Washington members enjoy a wide range of fitness activities in convenient, state-of-the-art facilities. Regardless of personal fitness goals, YMCA facilities offer something for everyone!



### YMCA Facility Features\*

- High-tech fitness center
  - FreeMotion Fitness™
  - Treadmills
  - Elliptical cross trainers
  - Stair climbers
  - Lifecycles and recumbent bikes
  - Machine weights
  - Free weights
  - Rowers
  - Computerized tracking system that remembers the member!
- Run/Walk track
- Multi-purpose gymnasium
- Climbing walls
- Group exercise studio for aerobics, step, yoga, Pilates, boot camp and more!
- Indoor/outdoor pools
- Whirlpool, steam and sauna
- Men's/women's locker rooms
- Family locker rooms

\*facilities vary by location



### On-Site Programs

YMCA on-site programs support members by encouraging them to take a proactive approach to staying well and avoiding long-term health problems. YMCA professionals provide health and fitness programs and services for the convenience and ongoing involvement of your employees.



#### Seminars

- Weight management
- Stress management
- Relaxation
- Nutrition
- Women's health
- Children/teen health & fitness
- Other topics available upon request

# YMCA

of Metropolitan Washington

Annually, companies pay 30-40% of America's \$1 trillion (and climbing) healthcare costs. A recent Behavioral Risk Factor survey, found that over 50% of those asked haven't had any physical activities in the past month. Lack of attention to personal health and wellness is directly related to reduced employee productivity, declining morale, soaring absenteeism rates and higher stress levels.

*The impact on business has been staggering.*

Study after study has shown up to 70% of all illnesses reported in America today could have been prevented if healthier lifestyle choices had been made. Smoking, inactivity, poor eating habits and other negative behaviors contribute to long-term health issues.

*Now, the good news.*

Research has also shown that wellness programs which effectively and consistently motivate employees to improve their health can dramatically reverse these ominous trends. The result is that companies enter a bright new era of productivity, profitability and significantly diminished healthcare costs.

The **YMCA of Metropolitan Washington** Corporate Partnership staff will work with your company to effectively implement this positive transition.

