



# CORPORATE WELLNESS PACKAGES



**Restorative  
Package**



**Group  
Fitness**



**Lifestyle  
Challenge**

Health and well-being boost employee engagement and productivity. At the Y, we know that is important to your organization's health and our community's overall health. That's why we tailor our Corporate Membership and wellness programs to strengthen the whole person in spirit, mind, and body. Learn more about our Corporate Wellness Package Options on the back page!

## DID YOU KNOW?

- Wellness programs reduce healthcare costs
- Wellness programs improve productivity
- Wellness programs attract and retain high-quality employees
- Wellness programs decrease absenteeism



For more information and pricing  
please contact Jenna Granger at  
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FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## RESTORATIVE PACKAGE

- On-site Yoga Classes (45 minutes)
- Mindfulness & Stress Management coaching sessions (15 minutes)
- Weekly newsletter emails to participating employees

### 4 Weeks (2 classes per week)

Up to 8 on-site Yoga classes and coaching sessions  
4 educational newsletters

### 6 Weeks (2 classes per week)

Up to 12 on-site Yoga classes and coaching sessions  
6 educational newsletters

### 8 Weeks (2 classes per week)

Up to 16 on-site Yoga classes and coaching sessions  
8 educational newsletters



## GROUP FITNESS PACKAGE

- On-site group fitness classes (45 minutes)

### 4 Weeks (2 classes per week)

Up to 8 on-site group fitness classes

### 6 Weeks (2 classes per week)

Up to 12 on-site group fitness classes

### 8 Weeks (2 classes per week)

Up to 16 on-site group fitness classes



## LIFESTYLE CHALLENGE PACKAGE

- Themed wellness challenge, which includes weekly check-ins, workout tracking, optional weigh-ins and body fat analysis.
- On-site Group Fitness classes (45 minutes)
- Nutrition and goal setting coaching sessions (15 minutes)
- Weekly newsletter to participating employees

### 4 Weeks (2 classes per week)

Weigh-in/Check-in before and after challenge  
Up to 8 on-site group fitness classes and coaching sessions  
4 educational newsletters

### 6 Weeks (2 classes per week)

Weigh-in/Check-in before and after challenge  
Up to 12 on-site group fitness classes and coaching sessions  
6 educational newsletters

### 8 Weeks (2 classes per week)

Weigh-in/Check-in before and after challenge  
Up to 16 on-site group fitness classes and coaching sessions  
8 educational newsletters

