

YOUR MEMBERSHIP BENEFITS

- Access to both the Middle Tyger YMCA and the Thomas E. Hannah YMCA
- Free Childwatch
- Free Parents Night Out monthly
- Free Group Exercise classes—over 90 classes offered each week
- Free Water Fitness classes
- Free Ready, Set, Move Program
- 2 Basketball Gyms
- Access to 4 Indoor Pools
 - Heated Therapy Pool
 - Lap Lane Pool
 - Indoor water park
- “State of the Art” Strength training equipment
- Free weights
- “State of the Art” Cardio Equipment
- Cycle room with spin bikes
- Men’s and Women’s Locker Rooms (includes sauna)
- Monthly Social Events
- Personal Trainers
- Discounted rates on YMCA programs such as After School Program, Swim Lessons, Summer Camp, Youth Sports Leagues, Adult Sports Leagues, and more!
- Nationwide Reciprocity — Every Y is your Y!



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY HAPPY WORKFORCE

YMCA OF GREATER SPARTANBURG
www.spartanburgymca.org

Middle Tyger YMCA
720 Shoals Road Duncan, SC 29334
(864) 433-9623

Thomas E. Hannah YMCA
151 Ribault St. Spartanburg, SC 29302
(864) 585-0306

For More Information Contact
Deidre Taber
dtaber@spartanburgymca.org



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Corporate Membership Plans





HEALTHY HAPPY WORKFORCE

EMPLOYEE HEALTH PROGRAM BENEFITS

Containment of Health Care Costs:

The majority of health care costs in the United States is attributed to the diagnosis and treatment of chronic diseases and conditions such as diabetes, obesity, cardiovascular disease and asthma. These conditions are often preventable with positive lifestyle changes, such as increased physical activity and a healthy diet.

Increased Workplace Productivity: Workers who exercise regularly tend to have more energy and are more productive while at work. As little as 30 minutes of physical activity most days of the week can have significant physical and mental benefits for workers.

Increased Workplace Morale: Along with increased productivity, the increase in energy level that comes from active, healthy employees also results in improved morale and a new level of energy within your organization.

Decreased Employee Turnover: Health promotion programs are seen as an additional perk to employees, making them feel valued and appreciated by their employers. These employees are less likely to seek employment elsewhere.

Decreased Absenteeism: When an employee misses work due to illness, other employees take on the burden of those responsibilities, often creating a tense environment. Employees suffering from chronic conditions such as diabetes, cardiovascular disease and other obesity-related illnesses are likely to miss work more often than healthy employees. These same conditions can be controlled, and often prevented, by positive lifestyle changes such as physical activity.

Increased Recruitment Potential: In the midst of a tight labor market, businesses are forced to pull out the stops in order to recruit new talent. In some instances, health promotion can prove to be a very valuable tool in sealing the deal.



Y Corporate Membership

- Join Fee is waived. (\$100 value)
Option 1:
- 10% Discount on monthly membership fee if at least 10 employees join.
Option 2:
- 20% Discount for payroll deduction
1 year contract required and at least 20 employees join

We can provide:

- Monthly employee facility usage reports available upon request.
- Diabetes Prevention Program
- Blood Pressure Self Monitoring
- Optional subsidy invoicing.
- Optional onsite group fitness classes.

Our mission is to put Christian principles into practice through programs that build a healthy spirit, mind and body for all.

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