

THRIVE



YMCA of Metro North Employee Wellness Partnership

Employees Thrive at the Y

Healthy starts here!

It's Easy. Get Started Today.

Companies Thrive

By providing healthy benefits to your valued employee at no cost to your company.

- ✓ Easy partnership set up
- ✓ Schedule an employee registration day
- ✓ Book free health seminar for employees
- ✓ Support a great community cause

Employees Thrive

With access to five locations and a variety of activities to suit any health seeker.

- ✓ Discount on membership fees
- ✓ Virtual fitness options
- ✓ Free group exercise reservations
- ✓ Aquatics at indoor and outdoor pool
- ✓ Free 60-minute personal coaching session
- ✓ Specialized health classes

We provide everything your employees need to learn about the benefits of the Y.

Easy online registration gets your employee started right away.



Convenience for working families

- Paid pre-school, after school, and child care options right in our facilities
- Family memberships with children free
- Y Academy Early Learning Programs
- Y Academy Out of School Time Programs
- Summer Programs and Day Camp
- Reservations for Child Watch
- Reservations for Family FUN Time: Pool-time, Gym-time and Fitness floor

Locations

Lynn | Melrose | Peabody | Saugus | Stoneham Wellness Studio

Additional Discounts

As a YMCA of Metro North Employee Wellness Partner, your employees can receive membership discounts on YMCA throughout the Greater Boston region. *discount may vary by branch

www.ymcametronorth.org/employee-wellness



Employees are your company's greatest asset, and their **health and safety** are our top priorities.

Your Employees Stay Healthy and Thrive

The YMCA of Metro North Employee Wellness Partnerships offers a range of fitness programs, discounts, and incentives to motivate your employees to **get fit, stay healthy, and live well.**

Your employees will have access to health and wellness activities that accommodate a range of diverse abilities, health conditions, life circumstances, and fitness goals.

An Inclusive Fitness Community

Companies thrive through hiring a diverse workforce. Physical wellness benefits are just one vital way to attract and retain top employees and maintain a productive, happy workforce whether they are working remotely, onsite, or hybrid. Though you may not always know an employee's personal circumstances or health goals, you can show you care about their well-being through a partnership with the YMCA.

Health and Safety Practices at the YMCA of Metro North

- Access restricted to members-only
- Capacity limits on fitness floor
- Upgraded cleaning protocols
- Reservations for pool lanes
- Reservations for group exercise
- Virtual fitness options
- Personal, one-on-one training
- Class sizes limited to small groups
- Special precautions for seniors and people with compromised health
- Use of face covering and PPE
- Social distancing in all areas and more...

Start an Employee Wellness Partnership With the Y Today!

Contact Us YMCA of Metro North

For More Information on Discounts and other Benefits:

Sandy St. Louis

Senior Director of Marketing and Membership
sstlouis@metronorthymca.org

978-548-5068

ymcametronorth.org/employee-wellness