

Corporate Membership Program



YMCA OF HONOLULU

Total Wellness: Spirit, Mind & Body

The YMCA is the nation's leading non-profit organization, committed to strengthening communities through youth development, healthy living & social responsibility. The Y of Honolulu works alongside community partners to ensure everyone across our island home has access to the resources they need to pursue a healthy lifestyle.



Y Membership Benefits:

- + Access to all 6 YMCA of Honolulu fitness branches & access to over 2,700+ YMCAs nationwide.
- + Modern Fitness Centers: Cardio & strength equipment, free weights and functional fitness equipment.
- + Over 250 fitness classes offered weekly with virtual options, including live-streaming & on-demand.
- + Full access to the Y360 app with over 1500+ live stream & on-demand fitness, sports, & kids classes.
- + Amenities include: heated pools, childwatch (family memberships), locker rooms, saunas, basketball, pickleball, racquetball & playgrounds. Personal Training and specialty programs offered for an additional fee. Amenities vary by branch.
- + Free first guided workout.
- + Family memberships include childwatch PLUS a 20% discount on swim lessons, youth programming & camp!



Corporate Benefits Include:

- 10% off regular membership rates with no minimum participation
- Waived joiner fee (\$99 savings)
- 10% off personal training services
- Employee engagement events & quarterly e-newsletters to encourage and increase participation.
- Options to invest in employee wellness more with two levels to subsidize memberships .



THE BEST CORPORATE INVESTMENT

Studies show us:

- Exercise helps achieve higher mental concentration, alertness & increases mental capacity.
- Exercise improves memory, decision-making ability & reaction time.
- Participants are more productive and sick less often when they exercise on a consistent basis.



YMCA Membership Type	Regular Rate (Monthly) + \$99 Joiner Fee	Corporate Rate (Employee pays monthly) \$0 Joiner Fee
Teen (13-18 yo)	\$38	\$34
Young Adult (19-26 yo)	\$51	\$46
Adult (27-64 yo)	\$64	\$58
Senior Adult (65+ yo)	\$59	\$53
Dual Adult (2 Adults ages 19+)	\$95	\$86
One Adult Family	\$89	\$80
Two Adult Family	\$109	\$98
Three Adult Family	\$134	\$121
Four Adult Family	\$159	\$143

Additional Ala Carte Services:

On-Site Group Exercise Classes: \$120/class

Let us bring wellness to your business location! We'll provide a certified group exercise instructor to lead your employees through a safe, fun & effective class. Choose from a variety of formats including: Zumba, Yoga, Pilates, Strength & Conditioning, Circuit/HIIT, Enhance Fitness classes & more! We can assist with equipment recommendations.

Wellness Seminars- Starting at \$250

Mindfulness, Nutrition, Mobility, Meal Prep and Meditation are just a few of the seminar topics we offer. These 45-60 minute educational & interactive seminars will leave your employees with tips and tricks they can use in everyday life to help improve their spirit, mind & body. Looking for something tailored specifically for your company? Our 'Premium' workshops tailor content and activities specific to your companies needs.

YMCA Camp Erdman Retreats- 10% off

Located on the beautiful North Shore of Oahu, Camp Erdman offers a multitude of daytime team building retreats and overnight retreats. Customize your retreat based on your company's needs with a wide range of recreational options, large and small meeting rooms that can accommodate 20 to 300 people, as well as custom built team building activities to meet the needs of your team.

YOUR EMPLOYEES ARE YOUR GREATEST ASSET, INVEST IN THEIR WELLBEING TODAY!

REDUCE STRESS **BOOST PRODUCTIVITY** **DECREASE ABSENCES** **LOWER COSTS**





Island-wide Access- 6 Locations Across Oahu:

Kaimuki YMCA
 4835 Kilauea Ave.
 Honolulu, HI 96816
 (808) 737-5544
 Hours:
 M-F 6am-8pm
 Sat. 8am-6pm

Kalihi YMCA
 1335 Kalihi St.
 Honolulu, HI 96819
 (808) 848-2494
 Hours:
 M-F 7am-8pm
 Sat. 8am-2pm

Leeward YMCA
 94-440 Mokuola St.
 Waipahu, HI 96797
 (808) 671-6495
 Hours:
 M-Th 6am-9pm
 Fri. 6am-8pm
 Sat. 7am-4pm
 Sun. 9am-3pm

Mililani YMCA
 95-1190 Hikikaulia St.
 Mililani, HI 96789
 (808) 625-1040
 Hours:
 M-F 6am-8pm
 Sat. 8:30am-2pm

Nuuanu YMCA
 1441 Pali Hwy.
 Honolulu, HI 96813
 (808) 536-3556
 Hours:
 M-F 5am-9pm
 Sat. 6am-5pm
 Sun. 9am-3pm

Windward YMCA
 1200 Kailua Rd.
 Kailua, HI 96734
 (808) 261-0808
 Hours:
 M-F 6am-8:30pm
 Sat. 8am-3pm
 Sun. 9am-3pm

Hours of operation as of 1.1.24



Go All-In On Employee Wellness

For employers who want to invest even more into improving the health & wellbeing of their workforce, the Y offers two ways for companies to subsidize their employee memberships:

- **The Half-Half Option:** The company pays 50% of the cost of their participating employee's Y membership, and the employee pays the remaining balance.
- **The 100% Option:** The company pays the full cost of the Y membership for their participating employees.
- The Y provides the company monthly invoices for the company portion of the Corporate membership rates for participating employees.
- Employee usage reports can be provided, upon request, for both of the above options to help track participation.

EASY
IMPLEMENTATION

ENGAGEMENT
& SUPPORT

CONVENIENT
LOCATIONS

WELLNESS
FOR ALL

Visit our website:





Engaged Employees Are Empowered Employees

The Y will engage and empower your employees to take control of their health & wellbeing by providing employee engagement events. We'll come to your business location up to twice a year to assist your employees in membership enrollment, provide information on Y locations and amenities, and give guidance on classes and programs that fit their current health and wellness needs.

Our quarterly e-newsletter will provide your employees information on Y special events, new programs, nutrition education, healthy recipes, fitness tips, and more.



Here for All

As a non-profit leader in the community, we are continuously working on reducing barriers to services. The Y can provide financial assistance of up to 60% off memberships and other programs to individuals or families in the community who cannot afford the full cost. Financial assistance is determined by a sliding fee scale based on household income, the number of household members and the availability of financial assistance funds. If an employee on a corporate membership qualifies for a scholarship, we will apply the higher of the two discounts so that the employee gets the most savings.



Insurance Paid Memberships

Although not a part of our Corporate Membership, the Y does partner with many insurance providers such as HMSA, UHA, Kaiser, United Healthcare and others to offer low or no-cost memberships. Active & Fit and Silver & Fit are two of the most popular plans. For many employers who offer insurance paid memberships, there are often staff who do not qualify or utilize employer offered insurance. We recommend signing up as a Corporate Partner so that all employees are able to get discounted memberships and other benefits.



Contact: Jenny Ostlind, Membership & Healthy Lifestyles Program Executive



808.678.4274

jostlind@ymcahonolulu.org

www.ymcahonolulu.org