

# 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 Membership Includes:

- 10% off regular membership rates with no minimum participation
- Waived joiner fee (\$99 savings)
- Option for companies to invest in employee wellness & subsidize memberships up to 100%
- 10% off personal training services
- Employee engagement events & quarterly e-newsletter resources to encourage and increase participation



Contact Now: Jenny Ostlind, Membership & Healthy Lifestyles Program Executive



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# 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
Young Adult (19-26 yo)	\$46	\$41
Adult (27-64 yo)	\$59	\$53
Senior Adult (65+ yo)	\$55	\$50
Dual Adult (2 Adults ages 19+)	\$85	\$77
One Adult Family	\$79	\$71
Two Adult Family	\$97	\$87
Three Adult Family	\$130	\$117

## 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.

**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!**

**6 fitness locations across Oahu to meet the needs of your employees.**

**REDUCE STRESS**

**BOOST PRODUCTIVITY**

**DECREASE ABSENCES**

**IMPROVE FOCUS**

**LOWER COSTS**





## 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

**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

**Windward YMCA**  
1200 Kailua Rd.  
Kailua, HI 96734  
(808) 261-0808  
Hours:  
M-F 6am-8pm  
Sat. 8am-3pm  
Sun. 9am-2pm

## 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.
- Customized employee participation incentive plans or wellness challenges can be added on for an additional fee.



## 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.

**EASY**  
IMPLEMENTATION

**ENGAGEMENT**  
& SUPPORT

**CONVENIENT**  
LOCATIONS

**WELLNESS**  
FOR ALL

Visit our website:

