



A Healthier Team Starts Here

CORPORATE WELLNESS PROGRAM

Partnering with the Foothills Area YMCA enhances employee health, morale, and productivity through an affordable Corporate Wellness Program. This initiative provides access to fitness and family-friendly programs, enabling employees to feel better, stay active, and thrive at work and home.

Why Partner with the Y

- ✓ \$0 joining fee
- ✓ 10% off monthly dues
- ✓ Flexible payment options: employer or employee-paid
- ✓ Supports employee wellness, retention, and work-life balance
- ✓ On-site annual visit from the Y to promote programs and services

Membership Type

Membership Type	Standard Monthly Rate	Empl. or Corp. pays the Y (monthly)
Family: Two adults and all dependents through age 24 living in the same household	\$80	\$72
Individual: One adult aged 25-59	\$58	\$52.20
Two Adult Household: Two adults 25-59 living in the same household	\$72	\$64.80
Senior Individual (60+)	\$47	\$42.30
Senior Household Membership: Two adults, one of which is \geq 60, living in the same household	\$68	\$61.20
Young Adult (18-24)	\$47	\$42.30

Program Requirements

- ✓ A minimum of 8 active membership units is required at all times to qualify for and maintain the discount
- ✓ Participating companies agree to host one on-site visit per year to promote memberships, programs, and services

Even More Coming in 2026!

Enjoy expanded programs, enhanced spaces, and additional amenities with our Phase II expansion. Find out more at faymca.org/phase2

Membership Perks

- 🏊 6-lane, 25-yard heated indoor pool
- GYM Newest fitness equipment w/ FREE fitness coaching (FitQuest)
- GYM Unlimited group exercise classes (land & water)
- ABC Supervised childcare for FAMILY memberships
- 📍 Nationwide YMCA membership
- PEOPLE Programs for all ages
- GYM Certified personal trainers
- PEOPLE Safe, family-friendly atmosphere

READY TO GET STARTED?

Contact:

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Membership Coordinator

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or scan the QR code

