



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WHERE YOUR WELLNESS PROGRAM HAPPENS

A healthy and productive workforce is key to a successful business. Becoming an Employee Wellness Partner with the YMCA of Greater Tulsa can help build an active, productive workforce where employees thrive. We work to promote health and wellness in the workplace as well as make positive changes to create a healthy environment that supports your employees to adopt a healthy lifestyle.

PROGRAM BENEFITS INCLUDE:

EASY ACCESS Every employee has access to all 7 YMCA branches in the Tulsa metro area, so they can use one close to where they work and live.

CLASSES AND MEDICALLY BASED PROGRAMS More than 400 group exercise classes, personal training opportunities, and disease prevention and management programs for employees with moderate or high health risks.

YMCA SERVICES The program offers wellness assessments, employee participation incentive plans, as well as leadership and team-building activities.

REPORTING AND MEASUREMENT Monthly usage reports and quarterly wellness checks to measure the success of your wellness program.

TURNKEY SOLUTION Our program is easy to implement, provides your employee a reduced membership and enrollment rate, and provides convenient payment options.

**Learn more about Employee Wellness Partner Program
by emailing Tawna Scott (tscott@ymcatulsa.org).**

YMCA of Greater Tulsa 420
S. Main
TULSA, OK 74103
918.583.9622
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CORPORATE WELLNESS PROGRAM PRICING

MEMBERSHIP	10-19 MEMBERS	20-29 MEMBERS	30 + MEMBERS
Join Fee	25% off	30% off	50% off
Membership Fee Discount	10% off	15% off	20% off
Employee Usage Reports	Free	Free	Free
Smoking Cessation Program	Free	Free	Free
Wellness Challenge (per kit)	\$75	\$75; 1 included	\$75; 2 included
YMCA Diabetes Prevention Program	\$429/person	\$429/person	\$429/person
Wellness Check	\$20/person	\$15/person	\$10/person
On-site Group Exercise Classes	\$75/class	\$65/class	\$55/class
Walking/running Training	\$75/class	\$65/class	\$55/class

*Must maintain minimum number of members (per column) to hold reduced rate

For further information contact:

TAWNA SCOTT

Branch Operations Director

Downtown YMCA

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