

Corporate Wellness Program

Y Wellness at Work

Give your employees – and their families – good health!

The benefits of regular exercise can't be disputed. Exercise helps people be more productive, manage stress better and stay healthy. Best of all, you feel great! The YMCA's Corporate Employee Wellness Program is a great way for companies to promote these benefits to their employees and their families. Learn more about the benefits of a wellness program.

Once a company becomes part of the Corporate Wellness Program, their employees can join the Seacoast YMCA and will receive a discounted rate along with two free personal training sessions. A YMCA membership offers lots of great benefits, including access to our Olympic length pool, group exercise classes, our fitness center, and reduced fees on YMCA specialty programs to name a few.

Coaching – To help your employees get and stay on the path to wellness, the YMCA offers all levels of coaching. Our trained and caring personal training staff are here to help your employee set and achieve goals.

The YMCA is here for your entire family – The health and happiness of your employee has a lot to do with the health and happiness of their entire family. The YMCA offers programs and classes for people of all ages and ability levels; gymnastics, youth sports, swim lessons, dance classes are just a handful of the offerings the Seacoast Family YMCA has available. Learn more about YMCA youth and family program offerings.

Bring the Y to you

Bring YMCA programs and service to your company's locations. All services are customizable to meet the needs of your organization and your employees.

On-Site Fitness – Would your employee's value fitness classes offered at your place of business? The YMCA can provide instructors for your on-site classes, or help to manage your on-site Fitness Center. Just ask us how we can help!

Retreats and Conferences – From time to time, your company may host all day meetings. You know how energy tends to drop as the day goes on. Let the Y Help! Instead of loading up your participants with junk food and caffeine to keep them going, the Y can provide an energy break. We'll work with you to determine the length of time and activities that best suit your location and your staff. We'll get your blood moving and muscles stretching before you go back to work.

And don't forget! The YMCA facilities, including our camp, are available for rental for your next off-site meeting and/or retreat!

Health Fairs and Lunch & Learns – The next time your company is planning a health fair or lunch & learn, don't forget that the YMCA is your partner in employee wellness! We can staff a booth, teach an on-site class, provide one-on-one health assessments, offer lectures on wellness related topics and more!

How do I get my company involved?

For more information, or to get your company involved, simply contact our Membership Development Director at 603-431-2334, or e-mail rkirkman@seacoastymca.org.