



14Y CORPORATE MEMBERSHIP

HEALTH AND WELLNESS PROGRAMS FOR YOUR EMPLOYEES

Over the past several years, many workplaces have been attempting to incorporate wellness programs as an employee benefit, but overall, these programs have shown limited effectiveness.

Nevertheless, research continues to show that physical activity is good for the body and mind and may increase employee productivity, morale, and overall level of happiness.

Why not give the power of fitness choice and healthy options to your employees by taking advantage of facilities at the 14th Street Y?

Based in the heart of the East Village, health and fitness at the 14Y includes:

- Fully equipped fitness center
- In-person and virtual fitness classes for individuals at all levels of fitness
- Heated, indoor pool
- Sauna and locker room facilities
- Certified personal trainers
- Full basketball court



Visit 14StreetY.org/Membership to learn more about how we work with companies through group membership discounts.

VOLUME DISCOUNT

By promoting (or allowing us to promote) 14Y membership to your workers or organized group, we can offer a discount directly proportionate to the number of people who join. Typical discounts include a 5-10 percent reduction in regular membership, with proof of employment/association required.

GROUP RATE

If there are a number of workers at your company ready to take the leap into 14Y membership, we will work with you to determine the appropriate rate; the larger the group, the lower the rate.

GROUP CAPITATED

If your company is ready to offer 14Y memberships to a segment or all your employees and make one bulk payment per billing cycle, we will work with you to develop a rate based on anticipated employee engagement and other factors.



We understand that there is no one-size-fits-all approach to providing your employees with health and fitness resources, but we are here to help make wellbeing accessible to all.

For questions about how your company can work with the 14Y, please email Michael Meehan, General Manager, at MMeehan@14streety.org or call him at **646-395-4330**.

