Join the YMCA closest to your home and enjoy unlimited access to YMCA locations in Hillsborough, Pinellas, Pasco, Citrus and Hernando Counties.

ON-SITE LUNCH & LEARN
These 30–45 minute sessions are offered in a single-session format or a multi-session series. All seminars are taught by professional health educators.

Sessions are health and wellness focused and include topics like: exercise, diet, nutrition, stress management and more.

Pricing: $150 each (Package pricing available)

ON-SITE GROUP EXERCISE FITNESS
Individual: $75/class
(Package pricing available)

ON-SITE PERSONAL TRAINING
Individual: $65/session
Small group: $35/person/session
(Package pricing available)

YMCA BLOOD PRESSURE SELF-MONITORING
$195/person**
* $175/person if also participating in other YMCA Wellness Services

THE YMCA WEIGHT LOSS PROGRAM
(up to 20 people per class)
On-site: $1,500 for 12 classes ($75/person)
At the Y: $250/person (includes 3 month membership)

PRICING FOR WELLNESS SERVICES
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$195/person**
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YMCA DIABETES PREVENTION PROGRAM
$429/person**
**May be covered by insurance. Please ask us for more information!

Let’s be partners in wellness.

Evidence suggests that employers who invest in their employee’s health benefit from a workforce that is consistently healthier, missing fewer days of work. Employees are less stressed, more energized and therefore more productive.

Partner’s In Wellness program offers a number of options to meet your companies needs and while each association facility has varied availability, overall our corporate members will find:

» Well-equipped modern wellness centers
» Heated pools
» Group exercise classes for kids, adults and seniors
» Childcare while you exercise
» No contracts - with month-to-month EFT or company subsidy
» Youth programs, adults sports and programming, summer camps and after-school programs
» Social events and volunteer opportunities
» Chronic Disease Prevention & Management Programming
» Friendly and knowledgeable staff

If your company or business would like to become a Corporate Partner of the Tampa Bay Area YMCA locations, please email the Vice President of Membership & Corporate Partners: Randy Nilsson, rnilsson@suncoastymca.org.
PARTNERS IN HEALTH
TAMPA BAY AREA YMCAs

PARTNERS IN HEALTH
YMCA CORPORATE WELLNESS PROGRAM

The YMCA’s Diabetes Prevention Program helps those at high risk of developing type 2 diabetes adopt and maintain healthy lifestyles by eating healthier, increasing physical activity and losing a modest amount of weight in order to reduce their chances of developing the disease. Enrollment in the Diabetes Prevention Program includes a 4-month YMCA membership.

16 weekly session topics include:
- Three ways to eat less fat
- Being active: a way of life
- Tip the calorie balance
- Take charge of what’s around you
- Four keys to healthy eating out
- Ways to stay motivated

Research has shown that modest weight loss and regular physical activity can prevent or delay type-2 diabetes in adults. Losing just 5-7 % body weight reduces the risk of diabetes by 58%.

FINANCIAL IMPACT


ON-SITE PERSONAL TRAINING

A nationally certified personal trainer will come on-site with all necessary equipment to provide the number of sessions requested. All sessions will be 60 minutes. Contact will be responsible for creating an open space that the participants will use during the sessions. Contact will be billed by the corporate partners program and will be responsible for payment.

FINANCIAL IMPACT

“For the last 3 years, Bisk Education has partnered with the Tampa Bay Area YMCAs through their wellness classes, on-site group exercise and membership discounts. Our employees love the programs from the Y and always look forward to what’s happening next.”

Wendy Vera– Bisk Education

ON-SITE GROUP X FITNESS

Yoga // Pilates // Kickboxing // Zumba // Bootcamp // HIIT // Tabata

All classes will be offered on site for a total of 50 minutes by a certified instructor. Company contact will be responsible for creating an open space that the participants will use during the sessions.

Contact will be billed by the corporate wellness program and will be responsible for payment. Classes do not have a size limit but the space provided will need to be large enough to accommodate the registrants.

FINANCIAL IMPACT

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ON-SITE GROUP X FITNESS

The YMCA’s Weight Loss Program . . .

It’s Non-Prescriptive

The program’s approach is to empower, encourage and provide tools to design your own plan that will support your goals within the context of your life.

It Uses the POWER of the Group

The program is designed to harness the power of the group by encouraging discussion, learning, sharing and problem-solving.

It Seeks to Change the Definition and Perception of Weight Loss

Prescriptive messaging is everywhere creating the perception that weight loss can only be achieved by something “out there”. We challenge that perception and help participants understand that they hold the answers within themselves.

What to Expect

- A group of people in a classroom setting
- Meeting 1 hour per week for 12 consecutive weeks
- Weigh-in, tracking food consumption and physical activity

FINANCIAL IMPACT

In 2009, U.S. adults visited their health care providers 55 million times to treat high blood pressure. High blood pressure costs the nation $46 billion each year.

High Blood Pressure is often referred to as the “silent killer” because there are typically no warning signs or symptoms. This 4-month evidence-based program helps adults with hypertension lower and manage their blood pressure. The program focuses on regulated home self-monitoring of one’s blood pressure using proper measuring techniques, individualized support and nutrition education for better blood pressure management.

Participants receive support from trained Healthy Heart Ambassadors and will be encouraged to:
- Measure and record blood pressure at least two times per month
- Attend personalized consultations
- Attend Nutrition Education Seminars

Goals

- Reduce & manage blood pressure
- Increased awareness of triggers that elevate blood pressure
- Enhanced knowledge to develop healthier eating habits

Who Qualifies

Adults who have been diagnosed with high blood pressure and have not experienced a recent cardiac event.

YMCA BLOOD PRESSURE SELF-MONITORING

Supporting Wellness Together

The program is designed for people who want to achieve a healthier weight by making small changes to daily behaviors to form sustainable, healthier habits. You will self-design an action plan that will empower long-term, positive change in your life.

Three key characteristics that define the YMCA Weight Loss Program . . .

“‘I am so happy with the participation, results and feedback from these pilot programs. The success exceeded my expectations. The (staff) enjoyed the sessions, found the information to be very beneficial, appreciated the convenience of having it during their lunch break and thought the coaches were supportive and made the classes interesting. It is such a pleasure to work with both you and your staff.’”

– Dawn Handley,
PCS Employee Wellness Ambassador

Ways to stay motivated

- Four keys to healthy eating out
- Ways to stay motivated

YMCA DIABETES PREVENTION PROGRAM

The estimated annual medical cost of obesity in the United States was $147 billion in 2008, the medical cost for people who have obesity was $1,429 higher than those of normal weight.

Increased awareness of

- Ways to stay motivated
- Being active: a way of life
- Tip the calorie balance
- Take charge of what’s around you
- Four keys to healthy eating out
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YMCA BLOOD PRESSURE SELF-MONITORING

FINANCIAL IMPACT

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