

## YMCA WORKPLACE WELLNESS: CUSTOMIZABLE PROGRAM OPTIONS

Option	Cost	Description/Examples
Blood Pressure/Body Composition Screening	\$60 per hour	On-site testing of blood pressure or body composition and feedback related to the findings.
Wellness Challenges	\$60 per challenge	The YMCA designs these paper-based challenges. A designated company monitor tracks participants and provides incentives for employees who participate. Possible subjects: hydration, sleep, nutrition, or fitness.
On-site Group Exercise Class	\$75 per class	Zumba, Yoga, Tai Chi, Chair Yoga, Boot Camp, Pilates and more can all be done with little to no equipment at your worksite. Classes are up to 1 hour.
Recess	\$75 per class	Customizable, fun and interactive fitness games designed to get your employees working together as a team. Recess is up to 1 hour.
Option	Cost	Description/Examples
Functional Movement Screens	\$75 per hour	Provided by ProCare Physical Therapy. Documents movement patterns that are key to normal function and readily identifies functional limitations and asymmetries. Identifies dangerous movement patterns and indicates readiness to perform activity.
Pre-Employment Post-Offer Screens	\$75 per hour	Provided by ProCare Physical Therapy. Provides employer with information that ensures all new employees have physical capacity to meet job demands.
Physical Activities Design	\$100 per design set	Design and mapping of healthy walking/jogging routes. Includes consultation and design for up to three different routes.
Lunch and Learn	\$100 per session	YMCA offerings: ergonomics, stretching, functional movement, core engagement through the day and nutritional aspects such as food labels, whole foods, sugar blues and calorie awareness and more. Mind/Body topics for stress reduction are also available. Sessions are up to 1 hour for a maximum of 30 people. ProCare Physical Therapy offerings: body mechanics, back pain, ACL and knee injury prevention, postural education and training, and more.
On-site Cooking Demo	\$20 per person	Our nutritionist will come to your workplace to focus on creating a quick, easy and healthy meal. Ideas include quick start breakfast, how to prep seasonal fruit, how to cut oddly shaped veggies, cooking 101 – knife skills, and more (8 person minimum).
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On-site CPR/First Aid/AED Training	\$250 + \$15 per person for supplies	Heart Saver CPR/AED/First Aid Certification course takes 4 hours to complete (12 person maximum).
Design a Gym	\$250 per design space	Our Personal Trainers will work with you to identify a space, suggest fitness equipment, and create workout regimes to implement an in-office gym (equipment not included).
On-site Personal Training Consultation *	\$250 per 4-hour block	Employees bring current workout plan and/or questions to their personalized session for review OR verbal consultation on how to start a plan in a gym or at home. Consultations are scheduled in 4-hour blocks with 15 minutes for each individual appointment (total of 12 appointments).
On-site Nutrition Coaching Consultation *	\$250 per 4-hour block	Employees bring food log and/or questions to their personalized session. Nutritionist will provide individualized feedback and action steps for follow up. Consultations are scheduled in 4-hour blocks with 15 minutes for each individual appointment (total of 12 appointments).
On-site Wellness Coaching Consultation *	\$250 per 4-hour block	Employees bring food and exercise logs and/or questions regarding their personal wellness. Discussions center around barriers to wellness, maintaining a healthy lifestyle, etc. Consultations are scheduled in 4-hour blocks with 15 minutes for each individual appointment (total of 12 appointments).
On-site Group Training Series	\$60 per session	Train as a group for a 5k, obstacle course, or any other fitness challenge. Sessions are up to 1 hour with a 6 session minimum.
Back School	\$150 per person or 10 person group class for \$125 per person	Provided by ProCare Physical Therapy. Designed to teach participants ways to decrease spinal stress and recognize need for ergonomics awareness. Emphasizes personal responsibility for one's own well-being, ergonomic adjustments, and maintaining a healthy lifestyle at work and home.
<b>* Personal Training Consultations are exercise/fitness specific, Nutrition Coaching is nutrition-specific, and Wellness Coaching is a blend of the two.</b>		
Option	Cost	Description/Examples
Functional Capacity Evaluations	\$550 per person	Provided by ProCare Physical Therapy. A scientifically developed and objective process to measure a worker's physical capabilities and tolerances, or a worker's physical demand level (PDL).
On-site Project Pounds Away	\$1500 per team	On-site Personal Trainer and Nutrition Coach to manage this comprehensive weight-loss program. Over the course of 10 weeks participants compete against each other to see who can shed the most weight (10 people maximum per team).
Camp Shand Ropes Course Half-Day package **	10-20 people: \$500 21-40 people: \$750	Team initiatives on both the high and low ropes. Includes use of the on-site conference room for meeting use. A Half-Day package runs from 1 to 4 hours.
Camp Shand Ropes Course Full-Day Package **	10-20 people: \$1,000 21-40 people: \$1,500	Team initiatives on both the high and low ropes. Includes use of the on-site conference room for meeting use. A Full-Day package runs from 4 to 8 hours.
<p>** Camp Shand is also available to rent for family reunions, meetings, parties, youth group outings or team building workshops. Camp Shand features include nature walks, group games, swimming (when in season), canoeing, kayaking, climbing wall, archery, volleyball and basketball courts, high and low ropes courses and an Adventure Challenge Course with zipline. Please contact Camp Shand Director Chris Smith at 717-272-8001 for more information.</p>		