



HEALTHIER EMPLOYEES ARE PRODUCTIVE EMPLOYEES

Overall Employees are more productive and healthier when exercise is added to their daily routine.

On average, employers that have a corporate wellness program, benefit from:

- 27% better attendance
- 28% reduced employer health care costs
- 22% reduction in sick leave costs.

Contact us to get started today!



4 LOCATIONS AVAILABLE TO MEET YOUR WELLNESS NEEDS

ELIZABETH BRANCH
135 Madison Avenue Elizabeth
908.355.9622
elizabethinfo@tgfymca.org

FIVE POINTS BRANCH
201 Tucker Avenue Union
908.688.9622
fivepointsinfo@tgfymca.org

WELLNESS CENTER BRANCH
1000 Galloping Hill Road Union
908.349.9622
wellnessinfo@tgfymca.org

RAHWAY BRANCH
1564 Irving Street Rahway
732.388.0057
rahwayinfo@tgfymca.org



BUILDING A HEALTHIER WORKFORCE TOGETHER

THE GATEWAY FAMILY YMCA

Serving: Avenel, Carteret, Clark, Colonia, Elizabeth, Hillside, Kenilworth, Linden, Port Reading, Rahway, Roselle, Roselle Park, Sewaren, Union, Vauxhall, Winfield Park, Woodbridge.

tgfymca.org



MEMBERSHIP OPTIONS

The Gateway Family YMCA offers 3 Corporate Wellness Program Options:

BRONZE PROGRAM

5 or more adult members join
10% off joiner's fee
10% off monthly membership fee

SILVER PROGRAM

10 – 49 adult members join
20% off joiner's fee
20% off monthly membership fee

GOLD PROGRAM

50 or more adults members join
50% off joiner's fee
1 month free plus 25% off monthly membership fees

The Gateway Family YMCA partners with your employees to support them on their path to wellness.

Contact the Y today!

GROUP MEMBERSHIPS
Are available for community groups. Contact us today!

MEMBERSHIP AMENITIES

- Group Exercise Classes
Virtual, Indoor & Outdoor
- Personal Training
- Member Pricing on Programs
- Individual & Family Membership Options
- Access to Lunch & Learn
- Family Events & Programs
- Indoor Basketball Courts
- Indoor Swimming
- Fitness & Wellness Equipment
- Access to all Branches & Programs at The Gateway Family YMCA
- Complimentary Chronic Disease Prevention & Management Programs



WELLNESS PROGRAMS

BLOOD PRESSURE SELF-MONITORING

This 4-month evidence-based program helps adults with hypertension lower and manage their blood pressure. Program goals are to reduce & better manage blood pressure with proper techniques and healthy eating guidance.

YMCA WEIGHT LOSS PROGRAM

The Weight Loss Program is designed to help people seeking a healthier weight achieve their goals by making small modest changes to their daily behaviors and forming sustainable, healthy habits.

