

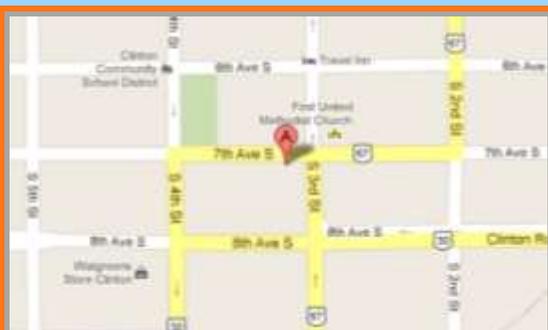
eliminating racism
empowering women
ywca



Convenient Hours of Operation

Mon - Fri 5:00 am - 9:00 pm
Sat 7:00 am - 5:00 pm
Sun 11:00 am - 5:00 pm

Hours may vary. Please call to confirm.



YWCA - Downtown Campus
317 7th Avenue S
Clinton, IA 52732
(563) 242-2110

ywcaclinton.org
facebook.com/YWCAclinton

Pay it forward

Demonstrate the importance your company places on health and wellness by including a gift to the YWCA-Clinton's Fitness Department as part of your annual corporate giving.

If your employees enjoy our facility through the YWCA Workplace Wellness Program, why not show your support of their healthy lifestyle by sponsoring a piece of fitness equipment? (Call for info).

- \$10,000: Equivalent to the cost to purchase **5 new spinner bikes** (plaque available to identify your donation and company name)
- \$5,000: Equivalent to the cost to purchase a new **commercial treadmill** (plaque available to identify your donation and company name)
- \$1,300: Equivalent to the estimated *weekly* cost to staff **lifeguards**
- \$775: Equivalent to the estimated *weekly* cost to compensate **fitness staff**
- \$500: Equivalent to the estimated *weekly* cost to staff **babysitting room**
- \$400: Equivalent to provide a replacement **treadmill belt**
- \$75: Equivalent to the cost to provide a **Worthy Child Membership** to a needy child in our area
- \$30: Equivalent to the cost to provide one new set of **hand weights**
- \$_____ Other amount. **A gift of any amount is very much appreciated**
- \$_____ **Gift to another YWCA Department** (Children's Center / Crisis Services / Youth)

Please consider a tax-deductible donation today.
We thank you in advance for your generosity.

eliminating racism
empowering women
ywca



YWCA

Workplace

Wellness

Fitness Classes



Cardio Room



Fitness Center



Indoor Pool



Health & Wellness Director
Stephanie Sommers



My name is Stephanie Sommers, and I am the Health & Wellness Director for the YWCA in Clinton. I am really excited to tell you about the AWESOME benefits that we can bring to your company! We know that it is hard after a long day to get to the gym, so we want to bring the workout and motivation to you! We offer Free Healthy Lifestyle Benefits and On-Site Boot Camp. Please read below for full details on both of these great offers!

Healthy Lifestyle Benefits

30 min class-FREE
45 min class-FREE
60 min class-FREE

We can provide 30-60 minute talks to help your employees understand why exercise is so important to their health.

It is not only a talk about healthy lifestyle, but it is designed to motivate them! We all know that we need a little motivation to give us a little kick start.

On-Site Boot Camp

A 30-60 minute class two to three times a week for 3, 6, 9 or 12 months. One of our instructors comes in with

30 min class-\$15.00
45 min class-\$30.00
60 min class-\$45.00

a workout! We just need a space in your facility for your staff to be able to move around! With this you will also get measurements, weight, and body fat percent taken for the employees that attend the class.



YWCA Workplace Wellness

Help improve the health of your organization's employees with the YWCA Workplace Wellness Program. When you participate in this program your employees receive 15% OFF regular membership prices, saving up to \$85 off of regular prices!

This includes a fitness center, cardio room, two pools, sauna, hot tub, FREE babysitting* and over 50 fitness classes!

YWCA is a GREAT value!

Membership Type	15% off Workplace Wellness
Adult Activity	\$30.60
Adult Couple	\$38.54
Family Activity	\$43.78
Single Parent Activity	\$33.30
Senior Citizen Activity	\$23.66
Senior Citizen Couple	\$30.60

* While parents use facility. See pg.8 of brochure for ages and hours.