

CORPORATE WELLNESS

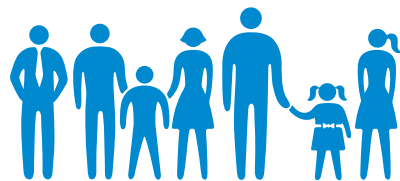
O'Brien/YMCA Partnership

As a YMCA member, you have access to:

- Health Coaching
- Personal Training
- Nutrition Counseling
- Climbing Wall
- Childwatch care
- Saunas
- Full-Size Gymnasium
- Cardio & Strength Equipment
- CPR, AED, First Aid training
- Group Fitness Classes
- Health Challenges
- Sport Leagues
- Pickleball

The partnership provides you:

- Joining fee waived
- 10% off monthly membership dues
- Monthly YMCA newsletter
- Volunteer opportunities



**You and your household can
try the Y for 1 week FREE!**

(Just bring a proof of employment)

MEMBERSHIP	MONTHLY DUE	YOU PAY 10% OFF	JOINING FEE WAIVED
Young Adult (Age 20-28)	\$30	\$27	\$30
Adult (Age 29-64)	\$40	\$36	\$50
Couple	\$50	\$45	\$50
Household	\$60	\$54	\$50
Single Parent Household	\$48	\$43	\$50
Senior (Age 65+)	\$35	\$32	\$0
Senior Couple	\$45	\$41	\$0

To join, bring a proof of employment such as a pay stub or work ID to your preferred YMCA branch.



Visit us online to learn more:
ymcagm.org

Household membership includes one and/or two adult(s) and legal dependent(s) at the same address. Discounted membership and benefits will apply only to active employees. At least 51% of your time must be spent at the branch where you join. Rates are subject to change with a 60-day notice.