

# CORPORATE WELLNESS

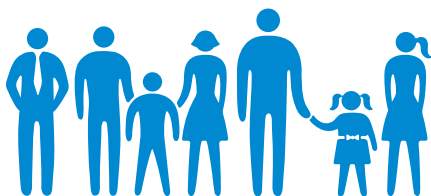
## Niles-Buchanan YMCA

### As a YMCA member, you have access to:

- Health Coaching
- Personal Training
- Nutrition Counseling
- Massage Therapy
- Indoor pool
- Warm therapy pool
- Full-Size Gymnasium
- Cardio & strength equipment
- CPR, AED, First Aid training
- Childwatch care
- Group fitness classes
- Health Challenges
- Adult sport leagues
- Saunas

### The partnership provides you:

- Join 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)	\$33	\$30	<del>\$30</del>
Adult (Age 29–64)	\$51	\$46	<del>\$50</del>
Couple	\$69	\$62	<del>\$50</del>
Household	\$73	\$66	<del>\$50</del>
Single Parent Household	\$65	\$59	<del>\$50</del>
Senior (Age 65+)	\$45	\$41	\$0
Senior Couple	\$65	\$59	\$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](http://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.