

## YMCA MEMBERSHIP

As a Y member, you will enjoy the many benefits of YMCA membership at YMCAs across New England. Y members also enjoy:

- State-of-the-art fitness centers with the latest cardio and strength equipment.
- Hundreds of free group exercise classes each week, including Zumba, yoga, group cycle, and more.
- 3 Wellness Orientation sessions to get you on the right track.
- FREE Child Watch with family memberships.
- Open time in our pools, and courts.
- Reduced rates and early registration for youth, teen and adult programs including camp, swim lessons, and personal training.
- Locker rooms with shower facilities.
- Opportunities for volunteerism and community involvement.
- Nationwide Membership: Access to Y facilities throughout the United States.



## BENEFITS OF WORKPLACE WELLNESS

Join your employer's YMCA Workplace Wellness program and you could receive special corporate membership benefits:

- FREE two-week membership at the Y.
- \$0 joiner's fee.
- Access to customized healthy programs and services.
- YMCA's Diabetes Prevention Program with proven results to lower the risk of developing type 2 diabetes.\*
- Team Training program designed to work toward your wellness goals with a trainer and support of your team.\*

\* A quick, personal health assessment will determine if you are eligible for participation in these two dynamic and effective programs.



## ATTLEBORO YMCA MEMBERSHIP

In addition to your corporate offerings, the Attleboro YMCA also offers:

- Membership For All: Income-based membership fee.
- Two fully equipped facilities that combined have four basketball courts, two walking tracks, and three Wellness Centers.
- Gymnastic, Dance and Karate Programming.
- Norton Outdoor Center -80 acres of woodlands, rails, athletic fields and 8 lane outdoor pool.
- Summer Camps and Ropes Courses.
- Sauna and Steam Room amenities.

## GET STARTED

Getting started is easy!

- Visit one of the Y's listed on this flyer.
- Fill out the Two Week Trial Pass.
- Present your Employee ID or current paystub.

## QUESTIONS?

Contact: Cyndee Goodinson-Lindsey  
Attleboro YMCA.  
cgoodinsonlindsey@attleboroymca.org  
508-409-0767

For more information, go to  
[attleboroymca.org/CIS](http://attleboroymca.org/CIS).



# TWO WEEK MEMBERSHIP

YMCA Workplace Wellness Program  
[www.joinmymca.org](http://www.joinmymca.org)

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Preferred Contact:  Phone  Email  Mail

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Expiration Date: \_\_\_\_\_

Employer: **Community Intervention Services · South Bay  
 Mental Health Center · Futures Behavior Therapy Center**

## ABOUT THE Y

Being healthy means more than simply being physically active. It's about maintaining a balanced spirit, mind and body. The YMCA is dedicated to building healthy, confident and connected children, adults, families and communities. Every day our impact is felt when an individual makes a healthy choice, when a mentor inspires a child and when a community comes together for the common good.

The Y is a place where members challenge themselves to reach new fitness goals, learn a new hobby and foster connections with friends and family. We are committed to building a healthy, strong community for generations to come.

## OUR LOCATIONS

### ATTLEBORO YMCA

Attleboro

### HOCKOMOCK AREA YMCA

Franklin Foxboro  
 North Attleboro East Bridgewater

### OLD COLONY YMCA

Brockton North Easton Middleboro  
 Plymouth Stoughton Taunton

### YMCA SOUTHCOAST

Fall River Dartmouth New Bedford  
 Mattapoisett Wareham

### YMCA OF GREATER PROVIDENCE

Barrington Cranston Providence  
 Warwick Seekonk Peace Dale

North Kingstown

### YMCA OF THE NORTH SHORE

Beverly Ipswich Gloucester  
 Haverhill Salem Marblehead  
 Plaistow

### YMCA OF GREATER BOSTON

Reading Brighton Boston  
 West Roxbury Waltham Roxbury  
 Woburn Hyde Park Dorchester  
 Charlestown Needham East Boston

### YMCA OF METRO NORTH

Lynn Melrose Saugus

Peabody

### DANVERS COMMUNITY YMCA

Danvers

### MALDEN YMCA

Malden

### SOUTH SHORE YMCA

Hanover Quincy

### GREATER LOWELL FAMILY YMCA

Lowell

### SOMERVILLE YMCA

Somerville

### YMCA OF CENTRAL MASSACHUSETTS

Westborough Worcester Fitchburg



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# EMPLOYEES GET HEALTHY AT THE Y

YMCA WORKPLACE WELLNESS PROGRAM  
 FOR COMMUNITY INTERVENTION SERVICES

- Community Intervention Services
- South Bay Mental Health Center
- Futures Behavior Therapy Center