

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.
- 10% off the adult and family membership rates.
- \$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.



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**

**TWO WEEK
MEMBERSHIP**

YMCA Workplace Wellness Program
www.joinmymca.org

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 SOUTHCOST

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