



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# IT'S GOOD TO BELONG

## Corporate Membership Program YMCA OF FREDERICK COUNTY

### Corporate Membership Benefits:

- The Y offers a \$0 joining fee for all employees (up to \$100 savings)
- Reduced Membership Rates: 10% discount on monthly membership dues. Current YMCA members are eligible for the corporate membership rate
- Choose from several membership types
- Pay the Y directly through automatic bank deduction each month

### YMCA FACILITY FEATURES

- State of the Art Fitness Center
- Large Free weight area
- Personal Training \*
- Indoor Running Track
- 3 Racquetball courts
- Full Size Gym
- 2 indoor pools
- Whirlpool and Saunas
- Group Fitness Classes
- Yoga, Pilates, Tai Chi
- Fun Zone for Kids
- Gymnastic Facility

\* Additional Fee

NOTE: Not all amenities listed are available at the Green Valley Y



Learn more about the YMCA of Frederick County  
and the benefits of Corporate Memberships at  
[www.frederickymca.org](http://www.frederickymca.org)