

Join the YMCA closest to your home and enjoy unlimited access to YMCA locations in Hillsborough, Pinellas, Pasco, Citrus and Hernando Counties.*



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BENEFIT FROM GOOD HEALTH

HEALTH, WELL-BEING & FITNESS
Corporate Wellness Programs

TAMPA METROPOLITAN AREA YMCA
YMCA OF THE SUNCOAST
YMCA OF GREATER ST. PETERSBURG

TAMPA METROPOLITAN AREA YMCA

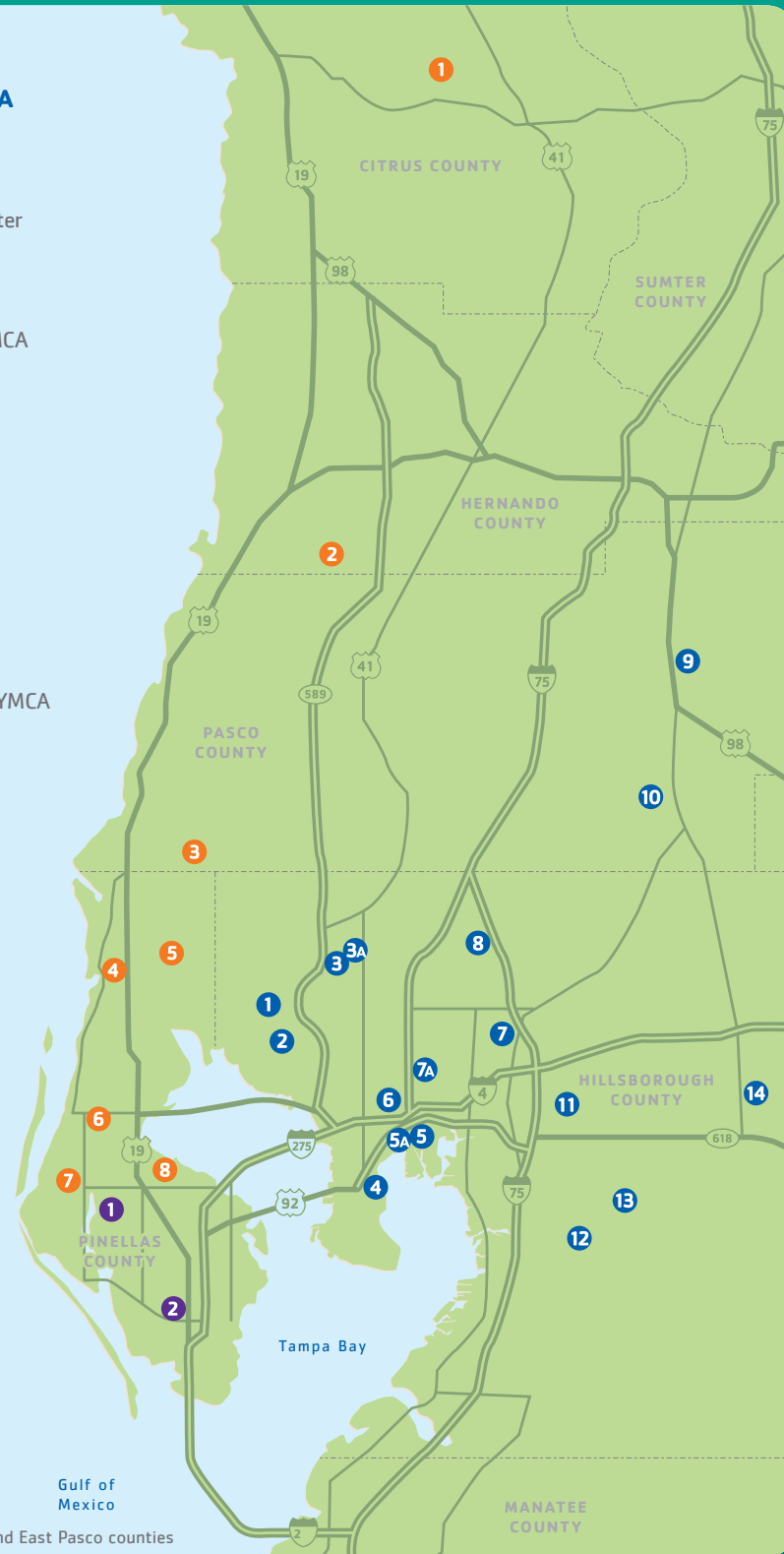
- 1 WestPark Village YMCA Express
- 2 Northwest Hillsborough Family YMCA
- 3 Bob Sierra Family YMCA
- 3A Bob Sierra YMCA Youth & Family Center
- 4 South Tampa Family YMCA
- 5 Downtown YMCA Fort Brooke
- 5A Downtown YMCA 100 North
- 6 Bob Gilbertson Central City Family YMCA
- 7 The First Tee at Terrace Hill
- 7A The First Tee at Rogers Park
- 8 New Tampa Family YMCA
- 9 Dade City Family YMCA
- 10 East Pasco Family YMCA
- 11 North Brandon Family YMCA
- 12 YMCA Camp Cristina
- 13 Campo Family YMCA
- 14 Plant City Family YMCA

YMCA OF THE SUNCOAST

- 1 Citrus Memorial Health Foundation YMCA (Opens May 2016)
- 2 Hernando County YMCA
- 3 James P. Gills Family YMCA
- 4 Greater Palm Harbor YMCA
- 5 North Pinellas YMCA
- 6 Clearwater YMCA
- 7 Greater Ridgecrest YMCA
- 8 High Point YMCA

YMCA OF GREATER ST. PETERSBURG

- 1 Bardmoor YMCA
- 2 Jim and Heather Gills YMCA



* Applies to Everywhere memberships in Hillsborough and East Pasco counties

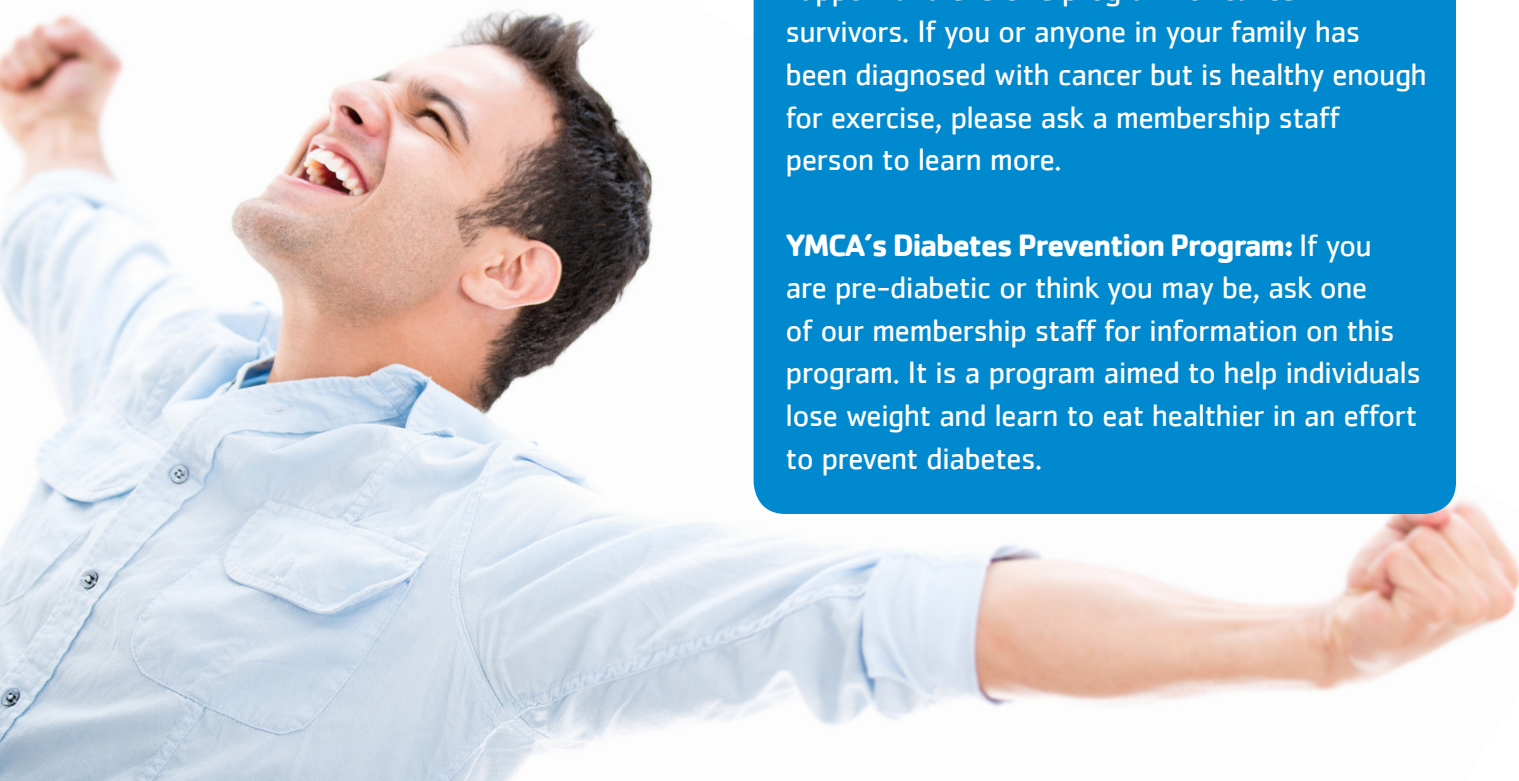
WELCOME!

Your company is part of our corporate membership program.

CORPORATE PARTNER MEMBERS GET WAIVED JOIN FEE & 10% OFF

What does this mean for you? It means that you can choose to join the YMCA closest to your home, and have access to all 27 YMCAs in Pinellas, Pasco, Hillsborough, Hernando and Citrus counties.

The YMCAs are committed to employee wellness and we offer opportunities for employees and their employers to take advantage of our programming throughout the year.



ACROSS THE TAMPA BAY AREA

All of our YMCAs offer group exercise as part of the membership. We do not require contracts and offer many additional programs for both children and adults. We also offer:

- Free child watch for family memberships
- Heated swimming pools, all with dedicated open swim and lap lanes
- Reduced rates on programming for members
- Several Les Mills classes, like BodyPump, TRX and BodyFlow

LIVESTRONG at the YMCA: This is a 12-week support and exercise program for cancer survivors. If you or anyone in your family has been diagnosed with cancer but is healthy enough for exercise, please ask a membership staff person to learn more.

YMCA's Diabetes Prevention Program: If you are pre-diabetic or think you may be, ask one of our membership staff for information on this program. It is a program aimed to help individuals lose weight and learn to eat healthier in an effort to prevent diabetes.

YMCA OF THE SUNCOAST

Northern Pinellas County; west Pasco, Citrus and Hernando counties

- Participate in the MyFit new-member training program, which offers 3 FREE coaching sessions. Once the sessions are complete, the member will receive a \$25 gift card for future programs.
- New Citrus Memorial Health Foundation YMCA opens in May 2016

Learn more: ymcasuncoast.org

YMCA OF GREATER ST. PETERSBURG

Central and southern Pinellas County

- All members can get as many as 4 coaching sessions upon joining.
- The Bardmoor Y in Largo has a Tropical Smoothie Cafe, providing healthy breakfast, lunch and snack options to members and guests

Learn more: stpeteymca.org

TAMPA METROPOLITAN AREA YMCA

Hillsborough and east Pasco counties

- Participate in the FitFirst new-member training program.
- If you are referred by a current member, you can increase your discount to 20% off with the Better Together program.
- Membership plans are flexible and allow prospective members to choose one branch ("here" membership), two branches ("here and there"), or all branches ("everywhere")

Learn more: tampaymca.org

A FEW REMINDERS...

- UnitedHealthcare will reimburse its members \$20 monthly just for visiting a YMCA 10 times per month.
- The Tampa Bay YMCAs are eligible facilities to collect Humana Vitality points.
- Refer a co-worker and receive a free personal training session or a free month of membership.
- Open as many as 363 days per year with extended hours typically from 5 a.m.-10 p.m. (weekdays) and slightly shortened hours on weekends

Special features of some Tampa Bay Area YMCAs

- Rock climbing walls
- Family special events
- SilverSneakers
- Tennis/raquetball courts
- Towel service
- Licensed child care
- Massage therapy
- Indoor pools
- Jacuzzi
- Free YMCA member social events
- High and low ropes courses (Camp Cristina, James P. Gills YMCA in Trinity, and Bob Sierra Family YMCA)
- Updated and have new equipment,
- Exciting programs for Youth and Adults
- Heated Pools (indoor and/or outdoor)

Learn more at ymcatampabay.org