



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

WELCOME TO THE Y

Shoreline Community College Workplace Wellness YMCA of Greater Seattle

13 KING COUNTY BRANCHES & FACILITY ACCESS TO Y BRANCHES IN KITSAP, PIERCE, THURSTON AND SNOHOMISH COUNTIES.

BUILDING A HEALTHY, ENERGETIC WORKFORCE TAKES MORE THAN GIVING EMPLOYEES ACCESS TO A GYM. THE Y OFFERS YOUR EMPLOYEES INTEGRATED HEALTH SERVICES, FROM FIRST-CLASS GYM FACILITIES AND SWIMMING POOLS TO WORKSHOPS AND EDUCATIONAL CLASSES IN HEART DISEASE, DIABETES, WEIGHT MANAGEMENT, AND OTHER HEALTH AND LIFESTYLE CHALLENGES. OUR KNOWLEDGEABLE, SUPPORTIVE STAFF NOT ONLY HELP MEMBERS REACH THEIR GOALS, BUT ALSO HELP THEM CONNECT WITH THE COMMUNITY TO HELP OTHERS. HELP MAKE HEALTHY LIVING MORE THAN ROUTINE CONNECT YOUR EMPLOYEES TO THE Y.

100% OFF ENROLLMENT FEE

Membership Type	Monthly Dues	Enrollment Fee
Adult (30-64)	\$70	\$100
Young Adult (14-29)	\$50	\$50
Couple (same household)	\$115	\$125
Senior (65yo+)	\$63	\$75
1 Adult Family	\$105	\$100
2 Adult Family	\$124	\$125

- FREE GROUP EXERCISE CLASSES WITH CONVENIENT SCHEDULES FOR THE WORKING PROFESSIONAL
- MEMBER PRIVILEGES AT OUT-OF-TOWN Y'S ACROSS THE COUNTRY
- INDIVIDUAL AND GROUP VOLUNTEER OPPORTUNITIES
- ADULT AND YOUTH SPORTS RECREATIONAL LEAGUES
- Y FACILITY-BASED FAMILY PROGRAMS THAT ALLOW THE WHOLE FAMILY TO PARTICIPATE IN ENRICHING PROGRAMS TOGETHER

Questions?

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