

WORK, GROW, THRIVE



YMCA OF THE INLAND NORTHWEST CORPORATE WELLNESS AT THE YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY EMPLOYEES ARE GOOD BUSINESS

A corporate membership at the Y:

- Enhances your benefits package
- Encourages a healthy workforce
- Promotes better work-life balance



Become a Member! To get started, we require proof of employment with a completed application and initial payment. The initial payment will include a joiner fee as well as the prorated month's dues.

2018 CORPORATE RATES

All Employees Receive 50% off Joiner Fees & 10% off Monthly Dues!

ADJUSTED DISCOUNTED RATES:

Membership Category	Joiner Fee One-time fee	Monthly Fee*
Young Adult	\$25.00	\$40.28
Adult	\$25.00	\$52.43
1 Adult Family	\$25.00	\$62.55
2 Adult Family	\$37.50	\$83.48

*Membership rates are subject to change

CARRIE CLANTON
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YMCA CORPORATE MEMBERSHIP BENEFITS

Membership Facility Features	Central Spokane Y	North Spokane Y	South Spokane Y	Spokane Valley Y
Cardio with personal viewing screen	X	X	X	X
Child Watch Center	X	X	X	X
Climbing Wall		Outdoor		Indoor
Disc Golf Course		X		
Family Activity Center	X	X		X
Free Weights / Strength Equipment	X	X	X	X
Greenhouse/Garden		X		X
Group Exercise Studio	X	X	X	X
Gymnasium	X	X		X
Hiking Trails		X		
Indoor 25 Yard Lap Pool	X	X		X
Indoor Lazy River		X		
Indoor Recreation Pool		X		X
Indoor Wading Pool	X	X		X
Indoor Warm Therapy Pool	X			
Indoor Water Play Feature	X	X		X
Indoor Water Slide	X			X
Jacuzzi / Hot Tub	X	X		X
Outdoor Basketball Courts		X		X
Outdoor Pavilion		X		X
Recording Studio		X		
Sauna (Dry)	X	X	X	X
Skate Park				X
Small Group Training Area		X	X	
Steam Room	X			
Teen Center	X	X		X

As a member of the YMCA of the Inland Northwest, you receive:

- Full access to all four YMCA of the Inland Northwest membership facilities
- Free enrollment in our member rewards program
- Free access to all Ys in Washington
- Access to hundreds of group exercise classes included in your membership, including Barre, Zumba®, R.I.P.P.E.D.®, TRX, cycle, yoga, Pilates and water fitness
- 2 free Wellness Coaching Sessions with a certified health and wellness professional
- Free Guest Passes (some restrictions apply)
- 2 Hours of Free Child Watch Service per day
- Free family fun events such as movie nights, bingo night and more
- Reduced rates on Youth Sports, Swim Lessons, Day Camp, and other select programs (some restrictions apply)
- Nationwide membership benefit

CENTRAL SPOKANE YMCA
930 N Monroe
Spokane WA 99201
509 777 9622

NORTH SPOKANE YMCA
10727 N Newport Hwy
Spokane WA 99218
509 777 9622

SOUTH SPOKANE YMCA
2921 E 57th Ave
Spokane, WA 99223
509 777 9622

SPOKANE VALLEY YMCA
2421 N Discovery Place
Spokane Valley WA 99216
509 777 9622