



CORPORATE WELLNESS PROGRAM | OFFERINGS

MEMBERSHIP PERKS

While we encourage use of the YMCA by the whole community, those who choose to become members are part of a worldwide movement dedicated to youth development, healthy living and social responsibility.

Members enjoy many perks, including:

- Free fitness classes
- Free access to cardio area
- Free indoor tennis, 6:00am—8:00am, Monday—Friday
- Ability to reserve tennis courts
- Free drop-in basketball at the Boardman River location
- Free or reduced rates on 65+ programs
- Free racquetball at the Boardman River location
- Reduced rates on Family Nights
- Free Teen Dances
- Free WiFi & coffee in the lobby <https://theybrand.org/edam/Category>
- Free drop-in Child Watch
- Free lockers
- Free Water Walking
- Free Lap Swim time
- Free Swim time

CORPORATE WELLNESS PROGRAM PERKS

Your employees' will enjoy the following additional benefits at the YMCA:

1. \$0 Joiner Fee for each new membership
2. Free fitness evaluation
3. Fitness Punch Card: 5 free trials for fee-based fitness classes
4. One free drop in-group swim lesson trial per membership
5. A Team Building Night playing any sport the YMCA offers

***Contact Liz Bloom if you would like to "Try the Y"**
(One free day pass)



CORPORATE WELLNESS PROGRAM | CONTACT US

GRAND TRAVERSE BAY YMCA ON SILVER LAKE ROAD

3700 Silver Lake Road
Traverse City, MI 49684
231-486-6357

HOURS

Monday—Friday: 5:30am to 10:00pm
Saturday: 8:00am—6:00pm
Sunday: 12:00pm—6:00pm

GRAND TRAVERSE BAY YMCA ON BOARDMAN RIVER

3000 Racquet Club Drive
Traverse City, MI 49684
231-933-9622

HOURS

Monday—Friday: 9:00am to 8:00pm
Saturday: 8:00am—2:00pm
Sunday: 12:00pm—5:00pm

GRAND TRAVERSE BAY YMCA ON WOODMERE AVENUE

1100 Woodmere Ave
Traverse City, MI 49684
231-421-3568

Please see the website for Y Early
Childhood Education Center hours.

WWW.GTBAYYMCA.ORG

Corporate Wellness Program Coordinator:

Liz Bloom

Elizabeth@gtbayymca.org