



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# JOIN THE YMCA FOR LESS

## Corporate Rate Advantage

### COUNTRYSIDE YMCA

#### BRING OUR BEST SELF TO WORK EVERYDAY!

Your health affects your job performance. Workplace stress and poor health can decrease your productivity. By partnering with Countryside YMCA your employer is providing an opportunity for you to reduce your stress, increase your fitness and improve your overall health. Through this program you can join the Y at a discounted rate. You can get fit, stay fit, and save money by taking advantage of this opportunity for yourself and your family.

#### The Benefits of a YMCA Membership

- Free Membership Coaching. Over the course of four to six months, your coach will help match you up with the resources and programs that meet your goals, interests, and lifestyle. Together, you'll make a plan build on activities that you'll enjoy. This individualized attention will help you learn about yourself and the Y, getting you better connected and active.
- Access to our Lebanon and Landen locations, as well as all Y facilities nationwide.
- Over 120 free fitness classes each week. Our tracks, gyms, pools, and weight rooms are also accessible to all members.
- Two hours of free childcare daily in the Child Watch centers at either our Lebanon or Landen location.
- YMCA Members also get reduced rates on our licensed childcare centers and summer day camps.

#### 2025

MEMBERSHIP TYPE	Corp 24 Pay
Young Adult (16-29)	\$22.17
Adult	\$35.67
1 Adult + Dependents	\$48.10
2 Adults	\$46.65
2 Adults + Dependents	\$51.82
3 Adults + Dependents	\$60.82
4 Adults + Dependents	\$69.82
plus joiner fee if applicable	

#### ENROLL NOW!

To sign up for a new membership or to transfer to the corporate plan or if you have any questions call or email:  
Jenny Hathaway  
513 932 1424 ext 168  
[jenny.hathaway@ymcastaff.org](mailto:jenny.hathaway@ymcastaff.org)

#### COUNTRYSIDE YMCA

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