



YMEMBERSHIP **CORPORATE**

We build strong kids, strong families, strong communities

Unwind at the YMCA

***Reduce Stress!
Increase Energy!
Feel Better!***

**Special Member Benefits
for all BVSD Employees**

Special Member Rate

www.ymcabv.org

Convenient Hours and Locations

Mapleton Center

2850 Mapleton Ave
Boulder, CO 80301
303-442-2778
Fax: 303-442-2779

Arapahoe Center

2800 Dagny Way
Lafayette, CO 80026
303-664-5455
Fax: 303-664-5456

Monday-Friday: 5:30am - 10:00pm
Saturday: 6:45am - 8:00pm
Sunday: 8:00am - 8:00pm

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Your Partner in Employee Health Programs

CORPORATE YM MEMBERSHIP

Membership Information and Benefits

Enjoy the benefits of increased health and vitality. Participating in regular wellness programs provides a wealth of positive results. Increase energy, decrease stress, prevent illness, maintain a healthy weight, find personal balance and spend quality time with family and friends. All of this is possible and more when you engage in health and wellness programs at the YMCA. The YMCA specializes in helping those who are new or returning to exercise and those wishing to develop a healthier lifestyle. We believe small changes in a person's lifestyle can produce positive results. We can work with you to establish personal goals - creating a healthy lifestyle one step at a time.



Corporate Membership Fees

Membership Type	Joining Fee	Monthly Rate	Annual Rate
Adult (ages 19 & up)	Waived	\$38	\$456
Family **	Waived	\$62.50	\$750

** Family refers to two adults and all children under the age of 19 residing at the same address.

Financial Assistance is available for those who qualify.

AWAY PROGRAM (Always Welcome at YMCA's)

Access to YMCA's across the country and free access to Longmont and YMCA's on the Front Range.

For more information, or to change your monthly fee, contact Stacie Hoffmann, Corporate Relations
Stacie.Hoffmann@ymcabv.org or call 303-664-5455

YMCA Corporate Membership Benefits (Free For Members)

- Over 100 Exercise Classes each week
- Yoga & Pilates Classes 7 days a week
- Health & Wellness Center with Cardio Theatre
- YPersonal Wellness Program including one-on-one coaching, cardiovascular and strength training instruction & nutrition consultation
- Equipment Orientations
- Computerized fitness tracking system
- Nutrition Consultations
- Health & Wellness Evaluations
- Indoor Cycling Classes
- Child Watch - Childwatch: for 6 weeks to 7 years age
Kids Club: for 3 to 5 years
Gym Ventures: for school aged kids on days off from BVSD
- Recreational Ice Skating & Drop-In Hockey
- Open Swim & Lap Swimming
- Pool Fitness Classes
- Hot Tub & Sauna
- Racquetball Courts
- Drop-In Basketball
- Full Locker Room Amenities
- Gymnasium with Indoor Track
- Family Fun Nights
- Family Wellness Classes
- Social Programs
- Senior Fitness Program and Social Activities

In Addition We Offer

(Members get reduced rate)

- Training Sessions with Certified Trainers
- Learn to Swim Programs
- Learn to Skate
- Birthday Parties
- Corporate Outreach Program
- After School Programs
- Youth and Adult Hockey Leagues
- Youth and Adult Sports
- Judo, Tai Chi & Karate
- Preschool Sports Program
- Dance Classes for All Ages
- Babysitting Programs
- Teen Programming including Cycling, Teen Leadership
- Summer Camp with Specialized Programming

Amenities

	Arapahoe	Mapleton
Aerobic Studio	•	•
Cardio Theater	•	•
Family Locker Room		•
Health & Wellness Centers	•	•
Free Weights	•	•
Gym	•	•
Hot Tub / Sauna		•
Ice Rink	•	
Indoor Track	•	•
Indoor Pool		•
Indoor Cycling Studio	•	•
Massage Center		•
Locker Rooms	•	•
Meeting Rooms	•	•
Nursery / Childwatch	•	•
Picnic Area	•	•
Racquetball Courts		•
Spray Park		•
Vending Area	•	•
Spirit, Mind, Body Studio	•	•
Turf Field with Track	•	
Wellness Room		•

 **Come Join The YMCA Family!**
www.ymcabv.org