



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUR FITNESS, YOUR WAY

The Y @ Work is a great way to reach **YOUR** fitness goals.

Adding exercise to your routine is a great way to **lose weight, get in shape, and relieve stress** from the workday.

Become a member today and you'll receive:

- A variety of group exercise classes offered by the Y's high-energy instructors
- State-of-the-art cardiovascular and strength training equipment
- Well-trained staff available to help keep your workouts fresh and fun
- Virtual classes—hundreds of instructor-led group exercise classes available on-demand
- Three complimentary coaching sessions in our Smart Start Program, designed to support you in pursuit of your health and wellness goals
- Clean, convenient locker rooms and showers



Only \$10 per payroll period (employee only). Add an additional adult for only \$5 more!



Frequently Asked Questions

WHO CAN JOIN THE Y @ WORK FITNESS CENTER?

All Norton Healthcare employees are eligible to join The Y @ Work.

HOW WILL I BENEFIT?

As a Norton Healthcare employee, you'll have access to The Y @ Work 24 hours a day, seven days a week. Having a convenient, state-of-the-art fitness center at work is a great way to relieve the stresses and demands of the workday and makes it easier for you to lose weight, get in shape, and feel great! Participants in the N Good Health wellness program will receive 20 program activity points each month they check in to The Y @ Work and/or local YMCA a minimum of eight times.

HOW DO I JOIN?

Joining is easy! Simply stop by during staffed hours to meet your fitness director and take a tour. You can also call 502.629.BFIT to schedule a visit or to receive more information.

WHAT IS THE COST?

A membership to The Y @ Work fitness center is only \$10 per pay period. You can add a non-Norton Healthcare employee spouse or partner (sharing the same address) for only \$5. Already a YMCA community-wide member? There's NO ADDITIONAL COST to use The Y @ Work!

HOW WILL MY MEMBERSHIP FEE BE PAID?

Membership fees are hassle-free! As a Norton healthcare employee, your Y @ Work membership will be paid through payroll deduction. Your credit card information will also be taken at the time you join. In the event that we are unable to receive your dues through payroll deduction, the amount will be charged to the billing method on file. If you upgrade to a community-wide membership you will be converted to monthly draft.

WHAT IS THE LOCATION AND HOURS FOR THE Y @ WORK?

You can access The Y @ Work at Norton Healthcare Pavilion at 315 E. Broadway, 24 hours a day, seven days a week with your keycard. Our fitness staff is available to assist you:

- Monday, Wednesday and Friday: 8:00 a.m. to 5:00 p.m.
- Tuesday and Thursday: 9:00 a.m. to 5:45 p.m.

We're Where You Are

Community-wide membership gives you access to all 10 YMCA branches in Greater Louisville in addition to the Norton Healthcare The Y @ Work center. This gives you access to outdoor pools, heated indoor pools and saunas, warm-water therapy pools, basketball and racquetball courts, climbing walls, indoor walking tracks, hundreds of free group and water fitness classes weekly, free child care while you work out, and a variety of weights, cardio, and exercise equipment.

When you upgrade to a family membership you also receive special rates for swim lessons, sports programs, summer camps as well as before-and after-school child care offered throughout the area.

The YMCA is for everyone. We offer affordable membership and program rates based on household income. Please visit ymcalouisville.org to learn more. Community-wide membership cannot be paid through payroll deduction.

