

You are invited to enjoy TWO **FREE WEEKS** with us!

BUILDING A BETTER WORKFORCE



HEALTH AND WELLNESS START HERE



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ENJOY TWO FREE WEEKS AT THE Y AND THE Y @ WORK! MARCH 1 - 14, 2024

NORTON HEALTHCARE and the YMCA of Greater Louisville partnered to give you special savings through the YMCA Worksite Wellness partnership. When you join you will receive:

- 100% discount on Join Fee
- Up to one month free with prorated membership
- Discounts on swim lessons, youth sports, child development programs, camps & more

In addition to the TWO FREE WEEKS AND BENEFITS, you'll also enjoy motivating group fitness classes, year-round swimming, great programs for kids and personalized healthy living programs for the entire family!

Stop by any of our 10 locations or Y @ Work fitness center, show proof of employment at the front desk, and get started on your wellness journey! Scan the QR code below to explore a full list of member benefits and to find a location nearest you.

Norton Y @ Work fitness center is located at the Norton Healthcare Pavilion at 315 E. Broadway and can be reached at (502) 629-3760.

THE Y @ WORK

The Y is for everyone. We offer affordable membership and program rates based on household income.



ymcalouisville.org