



PRESCRIPTION FOR WELLNESS

At the Y, we are committed to helping you attain and maintain health. To best support you through the Prescription for Wellness program, the YMCA will provide you with **THREE FREE SESSIONS with a Nationally Certified Personal Trainer** to help you continue progress toward goals you and your Prevea Health Coach have been working on. After that, use the tools from the Personal Trainer to continue working on your own, or sign-up for additional support through any of our training program options. You decide what you need and we'll be here to help!

In addition to 3 FREE Personal Training Sessions, you'll enjoy:

- ▶ Five conveniently located centers
- ▶ Seven indoor pools with swim instruction, lap swim, and open recreational swim
- ▶ Two indoor water slides, three whirlpools, six saunas, two steam rooms
- ▶ Four indoor running tracks, six gymnasiums, ten racquetball courts
- ▶ 200+ weekly free group exercise classes including cycling, kickboxing, Zumba, & more
- ▶ Cardio rooms with cardio theater screens
- ▶ Drop-in child care
- ▶ So much more!

PRESCRIPTION FOR WELLNESS SPECIAL PROGRAM RATES

Individual:

\$35/mo for 3 months*

Household:

\$55/mo for 3 months*

Young Adult:

\$25/mo for 3 months*

Add-Ons:

\$15 Adult, \$12 Child(ren)

*The reduced rate is a Prescription for Wellness Program rate only, for three months only. These special rates cannot be used with any other promotion, offer, or discount.