



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUR FITNESS, YOUR WAY

YMCA OF GREATER LOUISVILLE
THE Y @ WORK AT GE APPLIANCES

THE Y @ WORK IS A WORKSITE BENEFIT FOR GE APPLIANCES EMPLOYEES.

The Y @ Work is an on-site fitness center open to GE Appliance Park employees, spouses, dependents (18-26), retirees, and contractors.

The Y @ Work is located on the north side of AP4 and offers **cardio equipment, strength training, group exercise classes, and sport court** as well as showers, towel service, and locker rooms.

The Y @ Work Hours:
Monday-Friday 5am-10pm

THE Y @ WORK (payroll deducted) RATES:

| | |
|-------------|------------------------------------|
| \$2.50/Week | Employees |
| \$5/Week | Employees and Families |
| \$10/Month | Contractors Bank Draft Only |

WHAT YOU CAN EXPECT AT THE Y @ WORK

WHEN YOU ARRIVE



The Y @ Work will give you a disinfectant spray bottle and cleaning cloth, and provide instructions.

MEMBER CLEANING RESPONSIBILITIES

You will be asked to wipe down the shower tiles and your equipment, before and after use.

THE Y @ WORK • GE Appliances AP4 • 502.452.0999

GE APPLIANCES EMPLOYEES AT YMCA MEMBERSHIP BRANCHES

In addition to The Y @ Work, GE Appliances employees are welcome to join the Southeast Family YMCA branch or a enjoy a Community-wide membership!

| YMCA (bank draft only) RATES: | | |
|-------------------------------|---------------------|--|
| \$57/Month | Employee Only | Southeast branch only Includes The Y @ Work |
| \$64/Month | Employee Only | Community-wide Includes The Y @ Work |
| \$103/Month | Employee and Family | Community-wide Includes The Y @ Work |

THE Y IS FOR ALL

The Y offers affordable membership and program rates based on household income — with no contracts! Households with annual income less than \$65,000 will qualify for some level of financial assistance (others may qualify under special circumstances).

FOR QUESTIONS OR TO JOIN

Contact **Erik Mann** at **502-452-0999** or **erik.mann@geappliances.com**

Visit the **GEAWellWithin.com** site and select YMCA - The Y @ Work from the homepage or scan QR code below.

THE Y @ WORK



JOIN A COMMUNITY

Because The Y @ Work is part of the YMCA of Greater Louisville, you can take advantage of all the benefits the Y has to offer including:

- Access to 10 state-of-the-art YMCA wellness centers throughout Greater Louisville and Indiana.
- Free group fitness classes, including many virtual classes and personalized coaching.
- Indoor and outdoor pools.
- Free on-site child supervision while you work out with a family membership.
- Member-only rates on swim lessons, sports and day camps with a family membership.
- No join fee and no contracts with a 30-day, money-back guarantee.

WE'D LOVE TO SEE YOU

One Week Membership Pass

Please visit any YMCA of Greater Louisville location to activate your community-wide membership pass. The Southeast branch is less than three miles from GE Appliances!

Email: _____

Name: _____

Address: _____

City/State/Zip: _____

Phone: _____

Date of Birth: _____

Bring this Pass and GEA Employee Badge to use the facilities. Limit one (1) free week, per guest, per year. Excludes Calypso Cove. Other restrictions may apply.