



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**, and **group exercise classes** as well as showers, towel service, and locker rooms.

The Y @ Work Hours:
Monday-Thursday 5am-8pm
Friday 5am-7pm

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.

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 enjoy a Community-wide membership!

YMCA (bank draft only) RATES:		
\$59/Month	Employee Only	Southeast branch only Includes The Y @ Work
\$66/Month	Employee Only	Community-wide Includes The Y @ Work
\$106/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 **geapplianceswellwithin.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.