



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MORE THAN A GYM AND POOL, IT'S COMMUNITY



Corporate Wellness Plan SACRAMENTO CENTRAL YMCA

We understand how difficult it can be to find balance in your life - we want to help. The YMCA has a wide variety of classes and fitness equipment to meet your fitness needs. When you join the Y, you belong to a community of all ages who strive every day to be healthy, confident and connected. The Y is a non-profit like no other dedicated to building communities in Spirit, Mind and Body.

Employees will pay No Joining Fee for any individual or family memberships at the Sacramento Central YMCA! That's a savings of up to \$100 with a Family 2 Membership!

Sacramento Central YMCA

2021 W Street
Sacramento, CA 95818
916.452.9622

- 70+ Weekly Group Fit Classes
- Indoor, Heated Pool
- Cardio, Weight Room, & TRX
- Indoor Basketball Gym
- Youth & Adult Sports
- Free Fitness Coaching Session
- Free Child Watch

No Contracts or Cancellation Fees... EVER!

Take Your Membership on the Road With You: YMCA Has Nationwide Membership!

YMCA Members Receive Discounts on Swim Lessons, Youth Sports, Personal Training, Community Classes and More!

Sacramento Central YMCA
YMCA of SUPERIOR CALIFORNIA
2021 W St., Sacramento, CA 95818 · 916.452.9622

ymcasuperiorcal.org