



BUILDING A HEALTHIER WORKPLACE TOGETHER

Sonoma County Family YMCA Corporate Wellness

THE Y IS HERE TO HELP YOU STAY ACTIVE, ENGAGED & CONNECTED

FULL FACILITY MEMBERSHIP

- Discover a welcoming & supportive community
- **No Join Fee for State of California Employees. Bring Employee Id when signing up.**
- Reduced monthly rate, pending minimum # of employees signing up
- Full Facility Access (once COVID restrictions are lifted)
- Grp Ex Classes, Aquatics, Fitness Center
- **Current offerings due to COVID – Outdoor Fitness Center & Group Ex Classes**
- Lifestyle Change Programs (Blood Pressure Monitoring, Diabetes Prevention, Parkinson's, etc)
- Access to Y's country wide at no cost
- Access to our [Virtual Y Hub](#), which includes 22+ weekly Virtual Group Ex classes →

VIRTUAL MEMBERSHIP

- Here to support you no matter where you are
- Connect with our fabulous Y instructors and other Y members
- Discover a welcoming community
- **No Join Fee**
- **\$22/month**
- Access to our [Virtual Y Hub](#), which includes 22+ weekly Virtual Group Exercise classes
- Live & On-Demand (pre-recorded) workouts
- Versatility– join a class from anywhere
- Upgrade to a Full Access Facility Membership at any time with no join fee (includes Virtual Y Access)
- Receive 2 Guest Passes/year to access the Y in person
- More virtual programming/resources will be added in the future
- No JOIN FEE if convert to a Full Facility Membership

FOR MORE INFO OR OPTIONS TO SIGN-UP:

- ⇒ Click [HERE](#) to join online (Select Membership Tab, Join Online)
- ⇒ Call or email us to set up an in person appointment or to register over the phone. Call (707)545-9622 x 3134 or email membership@scfymca.org
- ⇒ Or Email us for assistance at membership@scfymca.org