BUILDING A HEALTHY WORKFORCE

Corporate Membership

HARRISON FAMILY YMCA

- Increased Productivity
- Employee Stress Relief
- Better Time Management
- Improved Memory Retention
- Decreased Employee Absenteeism
- Reduced Health Care Costs
The Many Benefits of a Y Membership...

- Full Use of the facility
- Aerobics Classes
- Water Fitness Classes
- Open Swim
- Cardio Area
- Free Weights
- Strength Equipment
- Walking Track
- Spa/Sauna
- Child Watch Care
- Discovery Zone for the kids
- Program Discounts
- Coach Approach Program
- New Member Orientation
- Loyal Member Recognition
- Racquetball Courts
- Basketball Gym
- Giving & Volunteer Opportunities

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**Full Use of the facility**
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**Child Watch Care**
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- New Member Orientation
- Loyal Member Recognition

**Racquetball Courts**
- Basketball Gym
- Giving & Volunteer Opportunities

Please see front desk for membership referral details

**Hours of operation:**
- M-F: 5AM-9PM
- SAT: 7AM-5PM
- SUN: 1PM-5PM

**HARRISON FAMILY YMCA | 1000 Independence Drive Rocky Mount, NC | 252-972-9622 | www.harrisonfamilyY.org**

<table>
<thead>
<tr>
<th>Membership Category</th>
<th>Standard Monthly Rate</th>
<th>Standard Joining Fee</th>
<th>Employee Joining Fee</th>
<th>Corporation pays this much a month</th>
<th>Employee pays this much a month</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Young Adult/Student Rate</td>
<td>$31</td>
<td>$25</td>
<td>$0</td>
<td>$15</td>
<td>$16</td>
<td>Young adult ages 19 to 29 or full-time student</td>
</tr>
<tr>
<td>One Adult</td>
<td>$42</td>
<td>$25</td>
<td>$0</td>
<td>$15</td>
<td>$27</td>
<td>One adult ages 30 to 59</td>
</tr>
<tr>
<td>Two Adults</td>
<td>$57</td>
<td>$40</td>
<td>$0</td>
<td>$15</td>
<td>$42</td>
<td>Two adults living in the same household</td>
</tr>
<tr>
<td>One Adult Plus</td>
<td>$53</td>
<td>$25</td>
<td>$0</td>
<td>$15</td>
<td>$38</td>
<td>One adult &amp; dependents, 18 &amp; under, living in the same household</td>
</tr>
<tr>
<td>Two Adult Plus</td>
<td>$68</td>
<td>$40</td>
<td>$0</td>
<td>$15</td>
<td>$53</td>
<td>Two adults &amp; dependents, 18 &amp; under, living in the same household</td>
</tr>
<tr>
<td>Three Adult Plus</td>
<td>$83</td>
<td>$40</td>
<td>$0</td>
<td>$15</td>
<td>$68</td>
<td>Three adults &amp; dependents, 18 &amp; under, living in the same household</td>
</tr>
<tr>
<td>One Senior</td>
<td>$38</td>
<td>$25</td>
<td>$0</td>
<td>$15</td>
<td>$23</td>
<td>One adult ages 60 and over</td>
</tr>
<tr>
<td>Two Seniors</td>
<td>$52</td>
<td>$40</td>
<td>$0</td>
<td>$15</td>
<td>$37</td>
<td>Two adults living in the same household where one is age 60+</td>
</tr>
</tbody>
</table>

With a Corporate Y Membership, you will be advertised as a community partner and will have opportunities to showcase your business in Y events throughout the year.