



GOOD HEALTH IS GOOD BUSINESS

Workplace Wellness Program

At The Fremont Family YMCA

- Joiner Fee Waived
- 20% Discount On The Monthly Membership Rate
- Discounted Personal Training
- Free KIDZ ZONE Babysitting Punch Card
- Special Member Pricing On Child Care
- Special Pricing On Y Programs
- Financial Aid Scholarships Available

**Nye Health
Services**



**FITNESS CLASSES
SWIMMING POOL
BASKETBALL
CARDIO ROOM
POWER LIFTING
ICE ARENA
TENNIS COURTS
& MORE**

**Stop by the Fremont Family
YMCA Front Desk or call
402-721-6952 to speak to
Katie, or email
katiet@fremontfamilyymca.org**