



YMCA PLYMOUTH

Corporate Health & Wellbeing Packages



Healthier staff for
a healthier business

Save up to 20% with our corporate fitness packages

Sign up **3 or more staff** to access our corporate rates with no joining fee.

Gym Only

£15 p/m
per person

**NO
JOINING
FEE**

Includes:

- Unlimited Gym Access
- Fitness Assessment
- Personalised Workout Plan
- Discounted Facility Hire

Gym & Classes

£25 p/m
per person

**NO
JOINING
FEE**

Includes:

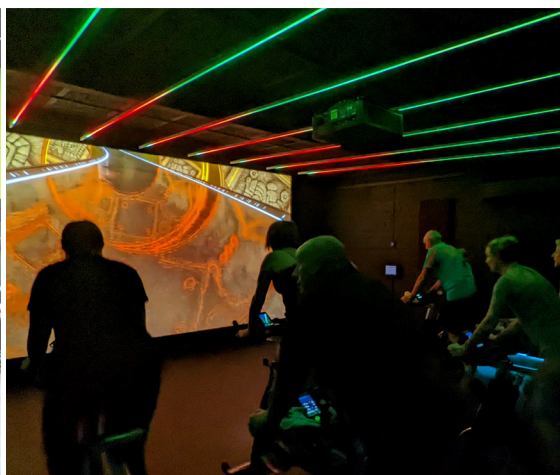
- Unlimited Gym Access
- Immersive Cycle Classes
- Unlimited Regular Classes
- Fitness Assessment
- Personalised Workout Plan
- Discounted facility hire

Try us for free! Before you sign up, you can get a whole week for free to try all of our classes and gym with no commitment.



HIGH-SPEC GYM

Our state-of-the-art gym is complete with; Netflix-equipped cardio machines, top-of-the-range free & fixed weights, and an incredible functional workout zone with Queenax rig.



CYCLE STUDIO

Experience one of the most advanced indoor cycle studios in the south west. Choose from fully-immersive to normal cycle classes and burn serious calories in an exciting workout like no other!

Better staff health & wellbeing means better performance for your business

Whether it's reducing stress or improving bad backs, getting fit at YMCA Plymouth has proven benefits for both employees and employers. From better productivity to less sickness absence, fitness at YMCA improves waistlines *and* bottom lines!



A Harvard study showed that regular physical exercise gives people:

- Enhanced creativity
- Quicker learning
- Sharper memory
- Improved concentration



Other benefits for you and your staff include:

- Reduced stress
- Less sickness absence
- Improved posture
- Better energy-levels



CLASSES

Get fit with over 22 different exercise classes including; yoga, strength, cardio, dance fitness, Les Mills classes and much more - all led by the top fitness instructors in Plymouth.



SPORT & MORE

Your corporate package gives you discounted rates on our facility hire such as courts, sports halls & pitches, as well as IT equipped classrooms and conference rooms. Ask for more details.

Get started with a free week of fitness for you and your team

To sign up for a no-commitment free week please get in touch with us. We can also arrange a tour of our centre where you can see all that our facilities have to offer.

Contact

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Charity No. 1066919


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Training & Education



Health & Wellbeing



Family Work

YMCA Plymouth is an education, health & families charity, serving young people & our community. We are guided by a friendly & personable approach, where all people can belong, contribute & thrive.