

YMCA

Here for young people
Here for communities
Here for you

Corporate Health & Wellbeing Packages



Healthier staff for
a healthier business

Discounted Corporate Memberships at YMCA Plymouth

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

Gym & Classes

£17.99 p/m

per person

Includes:

Unlimited

Gym Access

Unlimited

Fitness Classes (inc. Immersive Spin)

NO JOINING FEE

Scan here to check out our
fitness class timetable



HIGH-SPEC GYM

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



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.

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



SPORT

Your corporate package gives you discounted rates on our facility such as courts, sports halls & pitches.



Facility Hire

Access discounted rates on hiring our meeting, conference, and classroom facilities. We can also provide tailored support for your business events and corporate use of our venue. Please contact us for more details.

Come and take a look around!

Get in touch to arrange a visit and a tour of our centre, including our incredible gym, immersive cycle studio, and our many other facilities.

Find out how getting fit, not only benefits you but also the community.

Contact

Sarah Newberry, Fundraising & Corporate Sales Lead

T 01752 761000

E sarah.newberry@ymcaplymouth.org.uk

www.ymcaplymouth.org.uk



Sports Halls



Astro Pitch



Studios



Classrooms & Meeting Rooms



Community Garden



Café



Here for young people
Here for communities
Here for you

Charity No. 1066919

Find us

YMCA Plymouth
Honicknowle Lane
PL5 3NG
61/62 Bus Route

Follow us

/YMCAplymouth.Kitto

ymcaplymouth

@YMCAplymouth

ymca-plymouth

ymca_plymouth



Training & Education



Health & Wellbeing



Family Work



Support & Advice

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.