



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Quad Cities YMCA - the Y @ Work State of Iowa Employees



The Quad Cities YMCA's offer a specialized membership and wellness program to help employees of the State of Iowa and their families lead a healthier lifestyle.

Key features of the program include:

- Use of seven Quad Cities YMCA facilities in Scott, Jackson and Rock Island Counties with one single membership
- **Free "Try the Y" passes** that provide the employee and their family a complimentary one week trial membership
- **No activation fee** (value of up to \$60)
- **No long term contract** required
- Free wellness coaching sessions for members
- Group fitness classes are included with membership
- Complimentary child watch while a member is using the Y
- Access to Y wellness services with preferred pricing
- Use of YMCA facilities throughout the United States
- To learn more about our locations and membership information, visit us at: www.qcymca.org