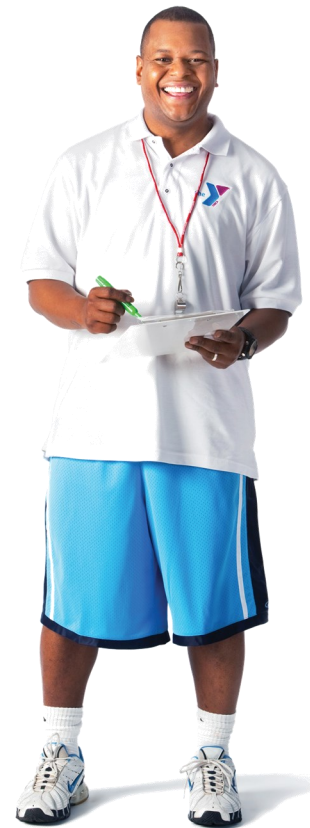


# YCONNECT



## WHAT IS YCONNECT?

**YCONNECT** is for new and returning members to meet with a Wellness Coach to learn about what we offer and how we can help you reach your goals.

Because we know that healthy lifestyles are achieved through nurturing mind, body and spirit, well-being and fitness at the Y goes beyond just working out or learning the machines.

This appointment could include any of the following:

- Learning the equipment in the wellness or family wellness center
- Assisting with setting up strength training routines
- Learning the cardio equipment
- Discussing group exercise classes and options
- Learning about water fitness classes or general pool questions
- Information about youth or family program options
- Answering any questions or concerns to help with getting started with your individual or family membership needs.

## HOW IT WORKS

- Sign up for an appointment at the Member Service Center
- You will receive a call 2-3 days prior to your scheduled appointment. This call may take 10-20 minutes depending upon your individual needs. During this call, a Wellness Coach will start the appointment and ask you several questions that will allow us to get to know you better before you come in to the Y.
- Once you are in the Y for your appointment you will meet with a Wellness Coach in a semi-private area wearing masks and with a Plexiglas between you to further discuss what your actual appointment will involve.
- At this appointment, you will discuss your goals and receive additional brochures or schedules addressing your area of interest.
- The appointment may continue in the wellness center or family wellness center, pool or group exercise studios depending upon your requests.
- Receive a \$25 voucher good for a FREE program. One time use, no cash value and good for 60 days