



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# YMCA OF SOUTH HAMPTON ROADS

## Benefits for Suffolk Public School Employees

### YMCA MEMBERSHIP

- Suffolk Public School employees receive 20% off of membership dues with no joining fees and no contracts
- 21 locations to use throughout Hampton Roads
- Members receive free virtual Y access, discounted child care, member pricing on youth programs, personal training and more. Plus, 24-hour access is available at 18 YMCA facilities.
- First year teachers receive 50% off of membership for their first year of YMCA membership

### YMCA WELLNESS

- Personal training programs included for all staff as a benefit of being a Suffolk Public Schools employee. Programs are held onsite at select school locations and virtually. Visit [ymcashr.org/sps](http://ymcashr.org/sps) for details on upcoming programs. No Y membership required!
- Staff challenges and incentives throughout the school year to keep you motivated and healthy, no membership required!

## LET'S GET MOVING

### Suffolk Public Schools Traveling Y

Challenge the school year, stay engaged with your health and wellness, reach new fitness goals at home or with your colleagues. The Traveling Y Fitness Program will offer a virtual and on-site program this fall focusing on YOUR specific goals whether it's weight loss, total body conditioning or overall health. This 12-week program offers trainer-led workouts, access to an online Facebook support group, trainer check-ins and challenges, and individual goal settings.

- **New session kicks off fall 2021**
- **12 weeks of support and camaraderie**
- **Enrolling soon!**

Visit [ymcashr.org/sps](http://ymcashr.org/sps) to learn more about what the Y can do for you.

