



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# THE GLENDALE YMCA WELCOMES TEAM HEALTH!

**10% reduced rate for  
TEAM HEALTH EMPLOYEES!**



We are excited to offer the Team Health employees a warm welcome to the Glendale YMCA. Please stop in and see what your local YMCA has to offer.

Fully renovated fitness center

Swimming Pool

Basketball gym

Racquetball Courts

Free Child Watch

Cycling Room

Youth Activities

Roof top Track

Free parking to Members

Over 50 group exercise classes weekly including "Fitness on Demand" a virtual reality platform

**LOCATION: GLENDALE YMCA**  
**140 NORTH LOUISE STREET**  
**GLENDALE, CA 91501**  
**818-240-4130**

Jeremy Shelton, Director of Member Health and Engagement [jshelton@glenymca.org](mailto:jshelton@glenymca.org)

**\*PLEASE BRING YOUR EMPLOYEE ID**

**FOR HOURS AND MORE INFORMATION PLEASE VISIT OUR WEBSITE [WWW.GLENYMCA.ORG](http://WWW.GLENYMCA.ORG)**