



The YMCAs  
of Québec

# SPECIAL OFFER

for employees of the MUHC  
and their partners



## Benefits of the YMCA's all-inclusive offer:

- The largest selection of group classes in Québec
- Access to the pool<sup>2</sup>
- The possibility of cancelling or placing your membership on hold<sup>3</sup>
- 6 guest passes
- Highly qualified trainers
- 1 consultation with a qualified instructor for a fitness program (value of \$50)
- 10% discount at the YMCA International Language School<sup>4</sup>

## Free trial upon request

By choosing the YMCA, you are supporting a charitable organization that builds strong, healthy and engaged communities.

# 10% DISCOUNT

# \$48.15<sup>per month</sup>

(a savings of \$123/year)<sup>1</sup>

<sup>1</sup> Based on the price in effect January 1, 2015, of a 12-month adult membership giving access to all of The YMCAs of Québec centres. Proof of employment must be presented when signing up for the membership.

<sup>2</sup> Except at the Pointe-Saint-Charles YMCA.

<sup>3</sup> Cancellation possible with flexible membership only.

<sup>4</sup> Valid on all evening classes during the 2015 sessions. To be eligible, individuals must have a corporate membership with The YMCAs of Québec.

Certain conditions apply. This offer cannot be used in conjunction with another promotional or corporate offer.

[ymcaquebec.org/corporate](http://ymcaquebec.org/corporate)