



BREAK OUT OF THE BOARDROOM

YMCA OF SUPERIOR CALIFORNIA MEMBERSHIP BENEFITS FOR
CALIFORNIA STATE EMPLOYEES

Your Health. Your Community. Your Y.

State employees enjoy an exclusive membership discount, giving you full access to wellness resources, training, family programs, and community impact opportunities.

Your Health & Wellness at the Y

- **Comprehensive Fitness Access:** Enjoy multiple YMCA locations across Sacramento and surrounding areas, each with state-of-the-art fitness centers, pools, and group exercise classes.
- **Personalized Support:** Free fitness orientations and exclusive discounts on personal training and small group sessions.
- **Classes on the Go:** Access to Y360, our on-demand app for workouts anytime, anywhere—from mobile to smart TVs.

Amenities & Programs

- Each YMCA location offers unique amenities to support your health and fitness goals. You can enjoy fitness centers with cardio and weight equipment, indoor and outdoor heated pools, hot tub and saunas, group fitness and Pilates studios, indoor basketball and sports courts, and outdoor tennis and pickleball courts.
- **Kids Club:** Enjoy a workout at the Y with the peace of mind that your child is safe and having fun. Now you can spend more time in the cardio room, join a group exercise class, or jump in the pool.
- **Youth Sports:** Instill teamwork, confidence, and sportsmanship in a fun, supportive environment.
- **Summer at the Y:** Keep your kids engaged all summer with enriching activities that spark imagination and growth.

Membership Benefits

**Nationwide
Y Access**

**Discounts
on Programs**

**A Supportive
Community**

**Fitness on the
go with the
Y360 App**

READY TO GET STARTED?

Find out more and set up a quick call to customize your membership:

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Join the Y and take advantage of everything we have to offer!