



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FREE ONE DAY GUEST PASS
Plus No Joiner Fee


For Employees of Municipal Health
Group Member Units

**SOMETHING
FOR ALL AT THE Y**


Try it out for **FREE!**



Gleason Family YMCA A Division of YMCA SOUTHCOAST
33 Charge Pond Road Wareham MA 02571 508.295.9622 · ymcasouthcoast.org



**TRY THE Y
Guest Pass**



MMHG employees are invited to visit any of
our Old Colony YMCA locations for the day.
Become a member and pay no joiner's fee!

BROCKTON EASTON E. BRIDGEWATER MIDDLEBORO PLYMOUTH STOUGHTON TAUNTON



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**FIND IT ALL
AT THE Y**

AND TRY IT OUT FOR FREE!

**FREE ONE-DAY GUEST PASS &
NO JOINER'S FEE**

For Employees of Mayflower
Municipal Health Group Member Units

SOUTH SHORE YMCA - EMILSON BRANCH 75 Mill Street, Hanover, MA 781-829-8585



TOTALFITNESS
www.totalfitnessclubs.com

FREE 7-Day Trial Membership
\$0 Join Fee
Free One on One Consultation

685 Metacom Ave. Bristol, RI 02809 401-254-3900
207 Swansea Mall Dr. Swansea, Ma 02770 508-679-9793
1301 Fall River Ave. (rte 6) Seekonk, Ma 02771 508-336-4545
360 Faunce Corner Rd. Dartmouth, Ma 02747 508-995-5600

When you bring this coupon to your local club.



ROW & RIDE

NEW CLIENT SPECIAL

**\$25 UNLIMITED
WEEK OF CLASSES!**



KINGSTON

CO ED FITNESS 24 HR. ACCESS 7 DAYS 365 DAYS FOR YOUR CONVENIENCE

NOW OFFERING CLASSES!

7 Day Free Trial Membership with this Coupon For

Mayflower Municipal Health Group Members

\$0 ENROLLMENT

Free Personal Trainer Consultation with

New Membership

187 Summer Street (RK Crossing Plaza) Kingston www.anytimefitness.com



Free 14-Day Family Trial Membership

Mayflower Municipal Health Group

Includes two adults and their children under age 22.

First time members/guests only. Valid photo id required.

16 Aldrin Rd. Plymouth, MA



Mayflower Municipal Health Members --New Client Special
30-Minute, fun & effective trainer led sessions that get you results.

Try a Free Week or a 21-Day Challenge for as low as \$21.

Interval, Strength, Mobility and Functional Exercises.

Over 45 training sessions taught weekly.

329 Centre Avenue, Rockland, MA 02370781-325-9096

www.southshorefitbody.com/mayflower

Members of Mayflower Municipal Health

Group pay \$0 Enrollment! *

Free
Fitness
Pass*

Group Classes * Pool * Personal Training * Court Sports * Babysitting

Hanover, MA

North Dartmouth, MA

East Providence, RI



800-505-5000

www.healthtrax.com



*Valid for members of Mayflower Municipal Health Group. Must be 18 or older to join and for guest pass and present proof of MMHG membership. Guest policies apply. Expires 2/1/19. Cannot be combined with other offers.