



Well-Being: The Edge Fitness Membership

If you've decided that 2019 is the year for you to get active, stay active or set a new fitness-related goal, then we have a resource for you!

GMHEC is pleased to offer eligible faculty and staff of all GMHEC member schools an annual membership to The Edge Fitness Center at an incredible discount. Membership is good at all five Edge locations including Essex, South Burlington and Williston. Membership includes use of fitness/cardio centers, indoor track, basketball, racquetball and squash courts, pools, saunas, hot tubs, group fitness classes, virtual classes, indoor cycling, locker rooms and member discounts on programming.

Upgrade to the Ultimate Edge Membership: For an additional \$19 (plus tax) per month you can add tennis and pickleball and receive discounts to the Kids & Fitness Preschool. This benefit can be paid by the employee directly at The Edge.

Family Benefits: All children 18 and under are included free of charge with GMHEC parent/employee membership. Children ages 19 – 21 who are full time dependent students pay only \$25 per month (plus tax).

Individuals may add spouses for 50% off the regular membership rates for 12 months prepaid membership, or 20% off monthly SimplePay. This benefit can be paid by the employee directly at The Edge.

To sign up, go to the GMHEC [website](#) and follow the instructions for your college. Don't wait. Make 2019 the year you give yourself the gift of good health and the piece of mind that you are taking action to live your best life.

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