



## Well-Being: The Edge Membership

With summer coming to a close it's time to start thinking about your cold weather physical activity plan. If you're looking for a great place to stay active indoors throughout the winter, then look no further than The Edge. GMHEC is pleased to offer eligible faculty and staff of all GMHEC member schools an annual membership to The Edge 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 this the year you give yourself the gift of good health and the peace of mind that you are taking action to live your best life.

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