



Two Types of Summer Memberships to Meet Your Needs and Your Budget

1 SUMMER DELUXE MEMBERSHIP INCLUDES:

- This is a special type of membership only sold in the summer. **It is like a Gold Membership without the use of the Gold Membership Locker Rooms.** Adults (age 19 & older) may pay an additional \$10/month in advance plus a \$10 key deposit and gain access to the Gold Membership Locker Rooms for the summer. (Sauna for women and Steam Room for men)
- ◆ Unlimited Group Exercise Classes-over 60/week – in air-conditioned Adams Room (aerobics room) CORE, Group Active, Group Power, Group Step, Zumba, Free Yoga and more.
 - ◆ Use of the Nautilus Center – air conditioned. This includes 4 Stairmasters, 2 Tectrix Bikes, 9 Treadmills, 4 EFXs, 3 Cross trainers, rowing machine, 2 Gravitrons plus two lines of 2ST Nautilus strength machines. (30 machines)
 - ◆ Use of the Farr Fitness Center – air conditioned with 30 cardio machines including, (8 Cross Trainers, 2EFX's, 8 Treadmills). Plus a 9 piece Life Fitness Strength Circuit.
 - ◆ Weight Room – air conditioned. (2000 sq. ft of top notch equipment)
 - ◆ Lap Pool – 84 degree water. Please pick up pool schedule at the Welcome Center for lap swim times. **10 Person Jacuzzi On The Pool Deck** open when the pool is open
 - ◆ Basketball, Pickleball – Please check gym schedule. ~ Air Conditioned Basketball Court
 - ◆ Free instruction is available and encouraged for all exercise areas with our caring Exercise Trainers.
 - ◆ 12 week “First Step Fitness” program for new exercisers. If you have not exercised in a year or more this is where you should start.
 - ◆ Y-Time and Family Fun Activities. (see schedule of family activities)

Summer Deluxe Prices:

(Total Cost must be paid in full)

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| High School (ages 15-18) | \$ 69.00 |
| Young Adults (19-24) | \$ 89.00 |
| Adult (age 25-64) | \$ 119.00 |
| Senior (age 65+) | \$ 99.00 |
| Family (2 adults & all dependent children under the age of 21) | \$ 179.00 |
| 1-Adult Family | \$ 139.00 |
| 2-Adult Household | \$ 159.00 |



Why Join the Y



- ◆ Clean facility
- ◆ Friendly experienced staff
- ◆ Quality equipment
- ◆ Free instruction for all exercise areas
- ◆ Friendly members
- ◆ Lots of program choices
- ◆ All exercise areas are air conditioned including the Basketball Court
- ◆ 100 free parking spaces in back lots
- ◆ Over 60 free Group Exercise classes / week including Yoga, Group Power & Core
- ◆ The Y is more than a place to exercise, it is a way to give back to society by volunteering

2 SILVER MEMBERSHIP INCLUDES:

- ◆ Farr Fitness Center with 30 cardio machines plus a 9 piece Life Fitness Strength Circuit
- ◆ Weight Room – air conditioned room, 2000 sq. ft.
- ◆ Unlimited Group Exercise classes – air conditioned room.
- ◆ “First Step Fitness” for new exercisers.
- ◆ Lap pool during scheduled times plus Jacuzzi for 15+
- ◆ Basketball (Please check schedule.) Air Condition Court
- ◆ Free instruction for all exercise areas.

Silver Prices:

(Total Cost must be paid in full)

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| High School (age 15-18) | \$ 49.00 |
| Young Adult (19-24) | \$ 69.00 |
| Adult (age 25-64) | \$ 99.00 |
| Senior (age 65+) | \$ 79.00 |
| Family (2 adults & all dependent children under the ages of 21) | \$ 139.00 |
| 1-Adult Family | \$ 119.00 (1 Adult & all children under 21) |
| 2 Adult Household | \$ 129.00 No children |

Spring Building Hours

May 1 – 31

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| M-Thurs. | 5:00 am to 9:30 pm |
| Friday | 5:00 am to 9:00 pm |
| Saturday | 7:00 am to 8:30 pm |
| Sunday | 8:00 p.m. to 5:00 p.m. |

Summer Building Hours

June 1– Sept. 3

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| M-Thurs. | 5:00 am to 9:30 pm |
| Friday | 5:00 am to 9:00 pm |
| Saturday | 7:00 am to 5:00 pm |
| Sunday | 8:00 am to 5:00 pm |

PLEASE NOTE

The entire YMCA is closed for cleaning Aug. 21-Aug. 27
 Holiday Closing May 29 & July 4th

