



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

### **Value & Benefits of Membership**

Below is a list of the value and benefits of membership to the YMCA. We hope you take advantage of the many membership benefits and get more involved in our valued-added approach to wellness for the entire family.

**Value-added programs** – no additional out of pocket cost for use of the:

- **Pool**
  - Lap Swim
  - Family Swim
  - Water Aerobics
- **Gymnasium**
  - Open Gym
  - Family Fun Nights
- **Free Weight Room**
  - Individual Program Development with certified staff
- **Cardio Room**
- **Nautilus Room**
  - Individual Program Development with certified staff
- **Group Exercise Classes – Over 50 Classes a Week**
  - Boot Camp
  - Group Cycle
  - Group Power
  - Group Groove
  - Yoga
  - Pilates
  - Step Aerobics

**Program Benefits** – YMCA Members benefit from the program fee structure:

- Reduced program fees with membership – members really do get more by paying less!
- On-line program registration with membership – convenience from home or office
- Priority registration with membership – don't miss out on a class because it's full

### **Recent Upgrades**

Wi-Fi	Enhanced Personal Trainer Program	2 additional TV's
New Entrance Lighting	M.E. Massage Therapy	New Classes
New Signage	Brighter Pool (Painted)	Freshly Painted areas
Barbells throughout	Revised Financial Assistance Process	New
Increased Equipment Maintenance Schedule		

### **New England Reciprocity**

This program **increases the value of Y membership** by allowing active members the flexibility to **use other Y facilities** located in Maine, Massachusetts, Rhode Island, New Hampshire, Vermont and Connecticut. NE Reciprocity is FREE, offered as a benefit for all Y members.

We appreciate your involvement and hope you recognize our efforts to continuously earn your membership. Thank you for being a part of our YMCA family!

Respectfully,

Christopher D. Shea  
Membership & Marketing Director