



**Where sitting adds
years to your life.**

Get your first month at a special introductory rate!

\$29* per
individual

\$69* per family
of 4

**Sign up
today!**

Bring this card in to the YMCA and
get your first month at a
special introductory rate:

\$29* per
individual

\$69* per family
of 4



*This introductory offer is available upon registration for a continuous membership. Offer expires March 15, 2018. This voucher has no cash value, is non-refundable, and cannot be replaced if lost or stolen. This offer cannot be combined with other promotional offers and is not valid for any other services at the YMCA.



Be active at the YMCA and see all the benefits!

- No locked in contracts
- Unlimited drop in group fitness classes, such as body blast, boot camp, cycle fit and more
- Unlimited drop in pool activities such as aqua fit and parent & tot swim lessons
- Free swim lessons for all ages
- Member pricing on birthday parties, certification and courses, such as First Aid and Bronze Medallion/Cross
- Free child minding services included in Family Memberships
- Free membership on hold options
- Hot tub at Ches Penney Family YMCA and water slide & steam room at Marystown YMCA
- Large, fully equipped cardio and conditioning centre (with adaptive equipment) with magnificent view
- Access to other YMCAs when travelling
- Free Wi-Fi

Visit our YMCA locations today!

Ches Penney Family YMCA
35 Ridge Road
St John's, NL

Marystown YMCA
255-263 McGettigan Blvd.
Marystown, NL

ymcanl.com

Did you know? Financial assistance is available to those in need.