

# YM MEMBERSHIP™

We build strong kids, strong families, strong communities.

## YMCA MISSION

*To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.*

## CURRENT MEMBERSHIP RATES

Category	Join Fee	Monthly Rate
Senior (age 60+)	\$30	\$21
Senior Couple	\$55	\$32
Student (full-time, 16 years & over, requires proof)	\$55	\$25
Adult (age 18+)	\$70	\$40
Family	\$100	\$59
Corporate Adult (requires proof)	\$35	\$35
Corporate Family (requires proof)	\$50	\$49

## BENEFITS OF A FULL MEMBERSHIP

- Equipment orientation with a certified personal trainer to get you started with your workout routine.
- Free access to all group exercise classes including yoga, cycling, power cut, step, and more.
- Member rates on programs.
- Free coffee and juice in lobby before noon.
- Over 35 pieces of cardio equipment including treadmills, bikes, crosstrainers, ellipticals, and steppers.
- Free Child Watch

## FITNESS CENTER HOURS

Days	Times
Monday – Thursday	5:00 a.m. – 10:00 p.m.
Friday	5:00 a.m. – 09:00 p.m.
Saturday	8:00 a.m. – 06:00 p.m.
Sunday	1:00 p.m. – 06:00 p.m.

## Child Watch Hours

Monday, Wednesday and Friday	8:00am-11:30am
Monday- Friday	4:00pm-7:30pm
Tuesday and Thursday	8:00am-1:00pm
Saturday	8:00am-11:30am
Sunday	2:00pm-5:00pm

## CONTACT INFORMATION

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Website: [www.wilsonymca.com](http://www.wilsonymca.com)