

# 1-MONTH ADULT PLUS YMCA MEMBERSHIP

(\$120 VALUE)



ENJOY A MONTH WITH THE  
YMCA OF NORTHERN ALBERTA!



Building healthy  
communities

## BENEFITS include:

- Over 80 drop-in fitness classes (yoga, dance, bootcamp, cyclefit, Zumba®)
  - Cardio equipment with "Entertainment On Demand" on HD screens lets you customize your workout experience.
  - Workout centre orientation and a program design to meet your unique goals.
  - One-on-one fitness coaching with Certified Staff
  - Access to cross-training systems including TRX suspension training
  - Lane and recreational swim time
  - Recreational sports and gym time
  - Indoor running/walking track
  - Squash and racquetball court \*
- \* Not available at Don Wheaton YMCA

## PLUS MEMBERSHIP

ADDITIONAL Benefits Include:

- Adult-only locker room Monday to Friday
- Personal tote locker with lock (subject to availability)
- Steam room and hot tub
- Towel service and personal care products
- Lounge area with television and newspapers

*To the recipient of the 1-Month Adult Plus YMCA Membership: This sheet is NOT your access pass. Please see organizer for your 1-month Adult Plus YMCA Membership card.*

**Castle Downs Family YMCA**  
11510 153 Ave  
780 476-YMCA (9622)

**Jamie Platz Family YMCA**  
7121 178 St  
780 481-YMCA (9622)

**Don Wheaton Family YMCA**  
10211 102 Ave  
780 452-YMCA (9622)

**William Lutsky Family YMCA**  
1975 111 St  
780 439-YMCA (9622)