



# YMCA PROGRAM CENTER

## Become a Member Today!

There are many reasons to join the Y – building endurance, losing weight, strengthening your heart. When you join the Y, you're committing to more than simply becoming healthier. You are supporting the values and programs that strengthen community. Things like chronic health disease, diabetes prevention, obesity, socialization and togetherness.

At the Y, children learn what they can achieve, families spend quality time together, and we all build relationships that deepen our sense of belonging. Your membership includes:

- Group Fitness Classes
- Personal Training Options
- Access to Quincy YMCA Friday-Sunday
- Member Rates on Programs Offered in Quincy
- Youth & Family Activities
- Free Guest Passes
- Volunteer Opportunities

### Quincy Amenities:

- Wellness Center - Cardio & Nautilus Strength Equipment
- Pool, Whirlpool, Steam Room & Sauna
- Indoor Track
- Racquetball Courts
- Kids Fit Zone
- Free Child Care for Families



**Adult      \$19/month**

**Family     \$29/month**