



Good Health is usually earned, but in this instance it's complimentary.

Looking for a friendly place that offers something for the whole family? Come experience the South Bay Family YMCA with a 1-week Trial Family Membership.

With a Family Membership, You'll Enjoy:

- More than 75 group exercise classes each week and 2 fitness centers
- 3 heated swimming pools, slide, and Jacuzzi
- Free child watch for your kids while you exercise
- Free family events (Flick-n-Float, Luau, Healthy Kids Day, Winter Wonderland, Movie Nights and more)
- Teen Center, featuring computer lab, pool table, DJ booth, recording equipment, service clubs and events
- Gymnastics Center & Family Sports Complex in Eastlake, featuring gymnastics, basketball, volleyball, and martial arts
- Active Older Adults programs including exercise classes and other group activities for seniors
- Discounted member rates on programs such as childcare, sports, swim lessons, camp, dance and more

Present this postcard at the Welcome Center to redeem your membership.

FREE 1-WEEK

FAMILY MEMBERSHIP
(includes 2 adults and children 17 and under)



SOUTH BAY FAMILY YMCA
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