



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FIND WHAT MOVES YOU FIND YOUR Y IN JANUARY!

Start 2023 off in the best way possible, with a focus on your health and well-being! Our Y has you covered from fitness to family to fun, we've got something for everyone.

ALL MONTH LONG YOU'LL SAVE BIG! NO joining fee during the month of January!

Enjoy a \$0 joining fee when you join the YMCA between January 1–31, 2023!

What's included with your membership?

- Unlimited Group Land and Water Exercise classes
- Indoor heated pool
- Indoor basketball court
- Fully equipped Family Fitness Center, Free Weight Room and Health & Adventure Center for youth as young as 8 years old to work out with a parent
- Youth programs, Child Watch While You Work Out
- "Virtual Y" – access select group exercise classes right from the comfort of your own home.
Look for upgrades coming to our virtual platform in 2023!
- Mobile App – track your workouts, download your scan card, participate in challenges, earn rewards and more!



BONUS:

Sign up by 1/15/23*
and automatically receive
our reduced rate
membership fee!

*After 1/15/23, you will be charged regular rate, unless you join with a friend. Then you will both receive our reduced rate as part of our Member Referral program!

See Member Services Desk or call (856) 691-0030 to Join Today!

Cumberland Cape Atlantic YMCA

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