

YMCA Family Membership is not only a great way to bring your family together with healthy activities, it's also a wise investment...

Just look at the numbers!

At the YMCA, \$50 per month pays for a family membership that includes...

- Programs and services to get your **whole family** healthy
- **Recreational space** to play with your children
- **A safe, clean environment supervised by qualified staff**
- Guidance and instruction by certified Personal Trainers and Fitness Specialists
- Over 25 pieces of cardiovascular equipment including treadmills, ellipticals, stationary bikes, rowing machines; all equipped with cardio theater boxes
- Weight machine circuit for a total-body workout in minutes
- Stocked free-weight section that has all the equipment you need to seriously train
- **Discounted massages: only \$20 for 60-minutes with our licensed therapist**
- All group exercise classes- any type, time or intensity
- Full-court basketball gymnasium
- Member Lounge- with free coffee, comfortable furniture, daily newspaper and wireless internet
- Locker rooms with showers and saunas
- **FREE child watch**
- **Discounted prices** for almost all Programs
- Discounted rates for **ALL** youth Sports

Or you can spend \$50 on...

- *Taking your family to dine out once (maybe)*
- *Seeing one movie with your family*
- *1 pair of shoes*
- *1 ticket to a sporting event*
- *7 fast-food value meals*

Do your family a favor and purchase a membership at the Shenango Valley YMCA today!

We have the lowest rates of any center in the area, and we truly want to help your family get healthy.

(Purchase a membership in the month of January and pay 2009 rates)

Shenango Valley YMCA

925 North Hermitage Road

Hermitage, PA 16148

(724) 981-6950

www.svymca.com

*call or visit our website for more information

*Memberships are available for all ages

*Financial Assistance is available

