



the  YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



My Y is Every Y

Live. Work. Play.





Membership just got better at the Y!

You and your family can now work out at all YMCA throughout Northern California.

MY Y IS EVERY Y

		Cardiovascular, Circuit Training, Free Weights	Gym / Sports	Lap Swimming, Aquatics Fitness	Cycle Studio	Group Exercise Studio	Pilates Reformer	Indoor (I), Outdoor (O) Bike Parking
EAST BAY ymcaeastbay.org	Downtown Oakland YMCA, Oakland	■	■	■	■	■		(O)
	Fremont/Newark YMCA, Fremont	■	■			■		
	Hilltop Family YMCA, Richmond	■	■	■	■	■		(O)
CENTRAL BAY ymcacba.org	Albany YMCA, Albany	■				■		(O)
	Downtown Berkeley YMCA, Berkeley	■	■	■	■	■	■	(I)(O)
	Irvin Deutscher Family YMCA, Pleasant Hill	■	■	■	■	■		(O)
SAN FRANCISCO ymcasf.org	Buchanan YMCA, San Francisco	■	■			■	■	
	Chinatown YMCA, San Francisco	■	■	■	■	■	■	
	Embarcadero YMCA, San Francisco	■	■	■	■	■	■	
	Marin YMCA, San Rafael	■	■	■	■	■		
	Novato YMCA at Hamilton, Novato	■	■		■	■		
	Peninsula Family YMCA, San Mateo	■	■	■	■	■		
	Presidio Community YMCA, San Francisco	■	■	■	■	■		
	Richmond District YMCA, San Francisco	■				■		
	Stonestown Family YMCA, San Francisco	■	■	■	■	■	■	
	Central YMCA, San Jose	■	■	■	■	■		
SILICON VALLEY ymcasv.org	East Palo Alto Family YMCA, East Palo Alto	■	■		■	■		
	East Valley Family YMCA, San Jose	■	■	■	■	■		
	El Camino YMCA, Mountain View	■	■		■	■	■	
	Sequoia YMCA, Redwood City	■	■	■	■	■		
	Northwest YMCA, Cupertino	■	■	■	■	■		
	Palo Alto Family YMCA, Palo Alto	■	■	■		■		
	South Valley Family YMCA, San Jose	■			■	■		
	Southwest YMCA, Saratoga	■		■	■	■	■	
	Salinas Community YMCA, Salinas	■	■	■	■	■		
	South County YMCA, Soledad	■	■			■		
CENTRAL COAST centralcoastymca.org	Watsonville Family YMCA, Watsonville	■	■	■		■		
	YMCA of Monterey Peninsula, Monterey		■			■		
	YMCA of San Benito County, Hollister	■	■			■		
SONOMA COUNTY scfymca.org	Sonoma County Family YMCA, Santa Rosa	■	■	■	■	■		
YMCA OF SUPERIOR CALIFORNIA ymcasuperiorcal.org	Sacramento Central YMCA	■	■	■		■		

As programs, policies and facilities can change, contact the respective YMCA for the most up-to-date information. Services and benefits vary by location.

When visiting the YMCA remember to bring:

- Membership card and photo ID.
- Towel
- Water bottle
- Lock

Visit ymcacba.org/my-y to learn more about My Y is Every Y.