



SPRING INTO SUMMER FITNESS



MEMBER BENEFITS-

- **Free Childwatch-90 minutes of free child care while you work out.**
- **Fitness Center-State of the art equipment, (2) free fitness orientations, knowledgeable staff & Activtrax.**
- **Group Exercise Classes- 70 classes from low impact Gentle Yoga to high impact Insanity**
- **Cycling Room**
- **Basketball Courts**
- **Sauna**
- **Free day use lockers**
- **Indoor swimming pools- Enjoy lap swimming and water exercise classes.**

PAY THE DAY APRIL 24-30

On April 24th your join fee is \$24, on April 25th it's \$25 and so on until April 30. Enjoy all the benefits a Y membership has to offer. Our Member Center staff will help you get started! Visit us today-1111 College Avenue, Santa Rosa. www.scfymca.org