

**HENDERSON COUNTY FAMILY YMCA  
MEMBERSHIP DRIVE  
NOVEMBER 1<sup>ST</sup>-30<sup>TH</sup>**

**NO JOINING FEE – SAVE UP TO \$200.00!**

**Corporate monthly bankdraft and payroll deduction rates including 6% sales tax:**

**Adult \$38.16 SPF \$38.16 Senior \$32.86 Family \$44.52**

**Financial Assistance Available to Low Income**

**MEMBERSHIP INCLUDES THE FOLLOWING:**

- **FREE New Hydro Massage Lounge Recliners for Adult Members!**
- **New Technogym Cardio & Selectorized Weight Equipment!**
- **FREE use of any YMCA in the country!**
- **Teen/ Adult Fitness Center (members only- ages 14 & older)**
- **FREE use of Saunas with Men's or Women's Health Locker Room memberships**
- **FREE Land & Water Aerobics Classes (see schedule & age policy)**
- **FREE Yoga, Pilates, Zumba, Circuit Interval, R.I.P.P.E.D., Tabata, Body Blast, Barre, Les Mills Live and Virtual Classes (7 days a week; open to close), and Cycling Live and Virtual Classes (7 days a week; open to close)**
- **Teen /Adult Gymnasium & Youth Gymnasium (ages 9-14) –see schedule in lobby**
- **FREE Racquetball Court Usage (ages 14 & older)**
- **FREE Babysitting Service (morning, night and weekend hours)**
- **Warm Water Therapy Pool (Adults, Families, and Seniors - see schedule & policies.)**
- **Designated Family swim times: for families with children ages 6 & older, see schedule**
- **Indoor Heated Swimming Pool (open/lap swim; family swim)**
- **Locker and Shower Facilities (we suggest bringing or buying a lock at the Service Desk)**
- **Air Conditioned and Heated Indoor Walking / Jogging Track (12 laps per mile)**
- **2 Indoor Tennis Courts (FREE for walk-in play; reservations require a fee/guest fee)**
- **FREE Tae Kwon Do classes (ages 7 to adult - free; guests \$15/month – Ages 4-6 on a trial basis)**
- **Social and Recreation Center –ages 9 & older: Pool Tables, Ping Pong, Air Hockey, Foosball, Basketball, Football, Computers, Racing Bikes, Pinball, Vending Snacks and Drinks**
- **FREE Outdoor Mini Golf Center for members; non-members pay guest fee. (Youths must be with an Adult at all times) Available May 1 – Oct.1**
- **MEN AND WOMENS HEALTH LOCKER ROOM MEMBERSHIPS AVAILABLE (Personal locker, Showers, T.V., Lounge, Sauna, Cardio Exercise Equipment)**
- **Humana Vitality Beacon; FREE Silver Sneakers Membership with proper insurance.**

## **NEW TECHNOGYM CARDIO & SELECTORIZED WEIGHT EQUIPMENT NOW AVAILABLE!**

**Technogym is the most advanced and quality technology-driven fitness equipment on the market! Use of Technology is Optional.**

**Now available ONLY at your Henderson County Family YMCA!**

### **Features and Added Services to Fitness Centers:**

- **Thousands of FREE fitness program options via FREE app!**
- **FREE beginners' self-assessment (flexibility and body composition)**
- **Track usage and workouts inside and outside of the YMCA!**
- **Frequent fitness challenges for all members – win prizes!**
- **Certified Personal Trainer and Fitness Center Coordinator**
- **Additional staffing added to better serve our fitness members!**
- **Affordable Personal Training and Basic Nutrition Sessions to start in October 2018!**

*For more information,  
contact the Henderson County Family YMCA  
at 270-827-9622  
YMCA Website: [www.hcfymca.com](http://www.hcfymca.com)*