



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STAY ACTIVE THROUGH THE HOLIDAYS

12 Days of Fitness

YMCA OF GREATER ERIE



**12 DAYS OF FITNESS
COMPLIMENTARY PASS**

Name: _____

1 2 3 4 5 6
7 8 9 10 11 12

Photo ID Required

**EXPIRES:
12/23/13**

One value-packed price at five locations convenient to home, school and work. Membership benefits include:

- Personal wellness coaching sessions and education with a certified Y Wellness Coach to help you launch and sustain your wellness routine
- Keep active during winter months with programs like Pilates for Skiing and new cross-country ski trails*
- Unlimited popular studio and water fitness classes for beginner and advanced exercisers including yoga, spinning, TurboKick®, TRX Suspension®, Les Mills Body Pump®, and ZUMBA® held at convenient times throughout the day*
- Modern cardio and strength equipment, gyms, pools and racquetball/handball courts add variety to your workout
- Member discount on personal training, specialty wellness classes and programs, swimming lessons, camps and early learning and after-school youth programs
- Free ChildWatch while you workout
- The Y is for everyone — income-based rates and scholarships make it affordable so everyone can belong.

*Programs vary by facility. Visit our website or call for program offerings.

Name: _____

E-mail: _____

Phone: _____

Cell: _____

Address: _____

Date of Birth: _____

County YMCA

12285 Edinboro Road
Edinboro, PA 16412

Downtown YMCA

31 West 10th Street
Erie, PA 16501

Eastside Family YMCA

2101 Nagle Road
Harborcreek, PA 16510

Glenwood Park YMCA

3727 Cherry Street
Erie, PA 16508

the Y @ UPMC Hamot

300 State Street
Erie, PA 16501
(adult-only facility)

**JUMP-START YOUR
NEW YEAR'S RESOLUTION**



**Try the Y up to 12 times FREE before joining.
If you join by Dec. 31, you'll save up to \$125.**

Offer valid through Dec. 31, 2013. No contract necessary.
Cannot be combined with any other discount. Some restrictions may apply.