



Cross Island Y Membership Benefits

As a Y member, you have a wealth of benefits available to you, including:

Activities included in your membership

- Basketball court/gymnasium
- State-of-the-art fitness center including cardio, strength training, and free weights
- A variety of group fitness classes for all interests and levels including indoor cycling and yoga
- Outdoor running track and tennis court
- Lap swim and water exercises
- Two indoor swimming pools
- Indoor racquetball court
- Family programs, including family gym and swim

Support to reach your health goals

- Free Fitness Center Essentials Program
- Free equipment orientation
- Free teen equipment orientation for ages 12 and up
- Work with a personal trainer
- Game-changing instructors
- The Y community of staff and members!
- Comprehensive weight loss program

Discounted member rates and priority registration for programs

- Summer camp
- Swim lessons
- Youth sports
- A variety of adult's and children's programming

For your convenience and enjoyment

- Locker rooms with sauna
- Family locker rooms
- Child Watch: A fun, safe environment for children while you work out or take a class
- Free WiFi
- Free parking

Guest passes

- Invite a friend to join you! As a Y member, you get 6 guest passes for individual guests each year.
- If your friend joins and stays for two months, you will get 50% off one month of membership.
- Working out with a friend can also increase your chances of sticking with your routine.

Member Referral Bonus

- If you refer a new member who joins the Y and stays for 2 months, you get 50% off of 1 month of membership. No limit!



**YMCA OF GREATER
NEW YORK**

Where there's a Y,
there's a way.

For details, contact Bharathi Iyer at iyerb@ymcany.org; (718) 551-9333