

For every friend you refer who joins as a new member, you will receive 50% off one month of your membership!* Plus, they'll get one month FREE* + \$0 Joiner's Fee.**

JOIN THE Y AND RECEIVE EXCLUSIVE ACCESS TO THE FOLLOWING BENEFITS:

- State-of-the-art cardio & strength equipment and free weights
- Variety of group fitness classes (cardio, mind/body, dance, martial arts, aqua fitness, and more)
- Swimming pools for lap swim, family swim and recreational swim
- Basketball courts and open gym time
- Adult Sports including basketball, volleyball, pickleball, and badminton
- Member discounts and priority access for programs
- A welcoming community for all
- Free Fitness Center Essentials Program for all new members

*50% off referral discount will be applied when the new member stays for 2 months. **Campaign offer is stay 3 months, get the 4th free. Offer for new members only who have not had a membership over the past 30 days.



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ymcanyc.org/join