

Join the Y and meet new friends from your neighborhood!

JOIN THE Y THIS WINTER AND GET EXCLUSIVE ACCESS TO THE FOLLOWING BENEFITS:

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

FINANCIAL ASSISTANCE AVAILABLE. *Promotional Offer - \$0 Joiner's Fee & stay 3 months, get the 4th month free. Offer ends January 31, 2025 and is valid for new members at the YMCA of Greater New York locations only, and not available to lapsed members of the past 30 days. Cannot be combined with any other offer; Valid government-issued photo ID required.



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