



*My mindful movement
starts at the Y.*

JOIN NOW
\$0 JOINER'S FEE
+
GET DECEMBER
FREE*

Join the Y this fall and get \$0 Joiner's Fee & December FREE, PLUS get your 1199 (employee & member) discount of 15% off monthly Adult and Family Membership rates!

Achieve your health goals using state-of-the-art cardio and strength equipment, group exercise classes, and so much more.

- State-of-the-art cardio & strength equipment and free weights
- Group fitness classes (cardio, mind/body, dance, martial arts, aqua fitness, and more)
- Swimming pools for lap swim, family swim, and swim lessons
- Basketball courts and indoor running track
- Racquet sports
- Member discounts and priority access to programs
- A welcoming community for all
- Free Fitness Center Essentials Program for all new members

*Financial assistance available. Offer ends October 5, 2026. Offer is valid on new memberships at the YMCA of Greater New York locations only, and not available to lapsed members of the past 30 days, and must be paid in full at time of registrations. Cannot be combined with any other offer; Valid government ID required. Must be 18+ to redeem.



YMCA of Greater New York | 22 locations across NYC
Email: tdunbar@ymcanyc.org | ymcanyc.org/join



**YMCA OF GREATER
NEW YORK**