



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



THE YMCA VALUES GCCISD

So we are giving you a great value on your membership!

The Y is a great place for you and your family – take advantage of the special discounts we offer ISD employees and sign up today!

BENEFITS OF THE ISD DISCOUNT

- Your Joining Fee will be waived! That's a savings of up to \$100!
- Pay nothing when you join! Your first month will be free, up to 30 days!
- Membership rates can be based on household income for those who qualify.
- City-Wide Membership is optional for those that want to access the Y close to school and home!
- Plus, you'll get an additional 10% off the Facility Member Rate for programs!

HOW TO JOIN

- Just show your Employee ID at the front desk of any YMCA in the city and we'll take it from there!

BENEFITS OF MEMBERSHIP

- A wide variety of Group Exercise classes offered throughout the day, every day of the week for all fitness levels.
- Yoga, Pilates, ZUMBA®, Body Pump, Spinning®, MMA Kick Boxing, and much more!
- Youth & Teen Programs
- State of the Art Strength & Cardio Equipment
- NIGHTCLUB CARDIO®
- Boot Camp
- Fitstart (free 12 week fitness)
- R.I.P.P.E.D. classes
- Whirlpool/Dry Sauna
- Outdoor Lap Pool and Track
- Nutritional Seminars
- Child Watch

SAVE 10% ON PROGRAMS – AND MORE!

- Personal Training
- Better Body Camp
- Body Blast
- Group Training
- CPR & First Aid Classes
- Private Nutrition Counseling
- Swim Lessons (seasonal)
- Youth Sports Leagues
- After School Care & Summer Camp
- Diabetes Prevention Classes

Go to www.ymcahouston.org to find your local Y. You may also visit the nearby Baytown Family YMCA at 201 YMCA Dr. or call 281-427-1797 for more information.



YMCA MISSION: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all.

text YMCAHouston to 41411

