



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Join the Y
January 1 - 4
and pay
nothing!*



START YOUR SOMEDAY TODAY

The Y Makes a Better You

Whatever your family resolves to do this year, the **Hamilton Area YMCA** is here to help you reach your goals! **Join or visit us for an open house on Saturday, January 3 from 9:00 a.m. - 2:00 p.m. to get started on a better you!**

Join anytime during our Open House Weekend, January 1 - 4 and ***pay nothing until January 15! No money down and no contract!**

You will also receive 6 one-hour sessions with one of our certified personal trainers along with a complete fitness assessment including blood pressure, BMI, cardiovascular testing, body composition analysis, and strength testing.

Be the first to try our new Preva by Precor cardio equipment! Whether you are just starting your fitness journey, or are a regular at the gym, Preva will help you reach your fitness goals.

For more information, please contact Joe Fuhrman, Director of Member Initiatives, at 609.581.9622 ext. 132 or jfuhrman@hamiltonymca.org.

