



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



SMALL GROUP WELLNESS

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
Pilates Reformer Level 1 6:15-7:15 am Mary	Pilates Reformer Level 2 12:00-1:00 pm Bliss	TRX/KB 6:15-7:00 am Joel	Pilates Reformer Level 2 12:00 - 1:00 pm Victoria	TRX/KB* 6:15 - 7:00 am Joel (First Friday of the month only)	Pilates Reformer Level 1 9:30 - 10:30 am Victoria
Pilates Reformer Level 2 9:00-10:00 am Mary		Strength Training for Seniors 10:15-11:00 am Mike	Community Acupuncture 1:30 - 3:30 pm	Pilates Reformer Level 2 10:30-11:30 am Victoria	
Sound Bath 11:15am-12:15pm Hayle		Pilates Reformer Intro 1:30-2:30 pm Liz	Women on Weights 6:00 - 7:00 pm Keila	Pilates Reformer Level 2 12:00 - 1:00 pm Jim	
		Pilates Reformer Level 1 4- 5pm Jim			

Subscriptions or Single Sessions available for purchase –see back for pricing.

You can now customize your experience to meet your unique needs and goals. Whether you want to improve your fitness, reduce stress, or boost your overall health, we have something for everyone.

Register at front desk or online





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SMALL GROUP WELLNESS SUBSCRIPTIONS

Get motivated through specialty wellness experiences in a small group setting.

SINGLE SESSIONS*

Duration	YMCA MEMBERS	NON-MEMBERS
	Per Session	Per Session
60 min class	\$25	\$30
45 min class	\$20	\$25
30 min class	\$15	\$20



SUBSCRIPTIONS*

	YMCA MEMBERS		NON-MEMBERS	
	Per Month	Per Session	Per Month	Per Session
60 Minute				
5 sessions	\$79	\$15.80	\$103	\$20.60
10 sessions	\$143	\$14.30	\$185	\$18.50
45 Minute				
5 sessions	\$63	\$12.60	\$87	\$17.40
10 sessions	\$114	\$11.40	\$157	\$15.70
30 Minute				
5 sessions	\$48	\$9.60	\$71	\$14.20
Unlimited				
Unlimited	\$199	Not Available	Not Available	Not Available

*4-8 Participants

Purchase a 60min subscription and attend any 60min, 45, or 30min class

Purchase a 45min subscription and attend any 45min or 30min class

Purchase a 30min subscription and attend any 30min class

Financial assistance available. Virtual sessions available for many service options.

Due to the additional costs of running Community Acupuncture, we charge a 60-minute rate for our 30-minute sessions.

Prices effective January 1, 2024. Sessions purchased through subscriptions are valid 31 days from the date of purchase. Auto-renewals for subscriptions occur on the 1st of each month. To make changes to your subscription, email customerservice@ymcanorth.org.