



YMCA Corporate Membership Rates

Contact Jennifer Keller

Effective October 2008

or Bill Bauman, 255-1525

Membership Type	Enrollment Contribution	Annual Rate	Monthly Rate	Semi-Monthly Deduction
Youth (ages 0-9) <i>no discount</i>	20.00	135.00	13.00	6.50
Student (ages 10-18) <i>no discount</i>	20.00	205.00	18.00	9.00
Adult	50.00	423.00	36.00	18.00
Adult with Fitness Locker Room	50.00	564.00	48.00	24.00
Household	50.00	535.00	45.50	22.75
Household with Fitness Locker Room	50.00	770.00	65.50	32.75
Single Parent Household	50.00	494.00	42.00	21.00
Single Parent Household with Fitness Locker Room	50.00	706.00	60.00	30.00
Child Watch Drop In Service for children eight weeks through the age of 7 - can be added to any Household Membership				
Child Watch for 1 Child		180.00	15.00	7.50
Child Watch for 2 or more Children		240.00	20.00	10.00

Employee discounted membership options are: single membership (for the employee) or a single parent household or household membership.

A Bigger Better YMCA!

• **Great Facilities** New spacious, Northern Energy Life Center with 23,000 sq ft of Life Fitness, Hammer Strength, Cybex, Paramount, Precor, strength and cardio equipment featuring personal 17" cable TV monitors, iPod connectivity and plenty of private space, 4 new Fitness Studios, 3 Gyms/running tracks, 2 Pools, 5 Racquetball Courts, saunas and whirlpools.

Affordable Membership, No Contracts or Long Term Commitments, Fee Assistance Available

- **Beautiful Location and View** next to Tom O'Leary Golf Course, VFW All Seasons Arena and 2.2 mile walking trail
- **Plenty of parking and two entrances for easy access, no waiting for equipment**
- **New Extended Hours** We're opening earlier and closing later so you can exercise when you like: M-F: 5am-11pm, Sat: 6am-6pm, Sun: 9am-7pm.
- **FREE Private Women's Fitness Room**, with a full line of Cybex strength and Life Fitness cardio equipment with instruction/supervision in your own private, comfortable space
- **FREE Monthly Fitness Testing and Evaluations**
- **FREE Group Exercise Classes** in the New Stan Puklich Studios - Video Cycling Studio, Mind Body Studio (Yoga, Pilates) and Aerobic Studio, New Programs - Zumba! Drums Alive
- **FREE Water Fitness classes** for all levels
- **FREE Silver Sneakers program for ages 65+ for eligible members**
- **FREE Healthy Start Program** The YMCA's 3-week fitness program for new or returning exercisers, with personal coach, Certified Personal Trainers on staff
- **YMCA Youth Sports** Youth and Itty Bitty Sports for ages 3 and up in a variety of different sports: basketball, volleyball, golf, soccer, baseball, football - kids love them!
- **YMCA Swim Lessons** for children and adults at discounted member rates, and open swims for children and families
- **Newly Remodeled Men's and Women's Fitness Locker Room**, a private, adult locker area with amenities, personal kit locker, private lounge, whirlpool, sauna and towel service
- **Child Watch Drop-Off Childcare** Children eight weeks through the age 7 (including grandchildren). We're adding more space to play and enjoy safe, fun activities while you exercise

The YMCA participates in the Blue Cross Blue Shield of North Dakota and Minnesota, Medica and Definity Health Fitness Reimbursement Programs.

Regular exercise can earn you a \$20 or \$40 credit on your monthly membership fees. (Fitness Reimbursements applied to non-discounted rates only)