



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DO MORE
BE MORE

Meriden YMCA

Special Membership Offer for
Middlesex Community College
Students, Faculty and Staff

Students: \$10 per month
Faculty and Staff: \$20 per month
Family Membership: \$45 per month



Membership includes:

1. Use of all of the wellness facilities (pool, fitness center, indoor track, gym (basketball), racquetball courts, aerobics and spinning studios, dry sauna, locker rooms.

2. FREE CLASSES INCLUDING:

Barbell Strong
Combat Cardio Kickboxing
Tabata Strength
Tabata Cardio
Pilates
Tabata Boot Camp
Piloxing
Yoga
Treadmill Body

ZUMBA®
ZUMBA KIDS®
Aqua Aerobics
Jillian Michaels Body Shred
INSANITY®
Spinning
Xtreme Abs

3. Free babysitting during our normal Child Watch hours while you workout with a family membership. No contracts. You may cancel at any time. Monthly draft from a credit card or bank account. One time \$15 start up fee. May not be combined with other offers. Some restrictions may apply. Contact Joan at 203-235-6386x16 or email joangoodman@meridenymca.org. Bring your MXCC i.d.

MERIDEN YMCA

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www.meridenymca.org

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