

Group Fitness Programs

- Get in shape with our various fun and motivating group classes.

Enjoy aerobics for all levels, Precision Cycling, kick boxing, strength training, and yoga.



Personal Workout Programs

- Our trainers will teach and guide you through a workout program included with your membership.
- You'll learn the safest and most effective way to lose body fat, increase your energy level and make the most of your workout time.
- For our teen members, ages 13 to 15, we offer Teen Weight Room Certification at a low cost.



Kids Gym and Youth Room

- Kids Gym, ages 2 to 10, is supervised by YMCA staff. Activities include cargo net, rope swing, crafts, and games.
- Youth Room, ages 10 to 16, provides an opportunity to play ping-pong, air hockey, and bumper pool. Computers are also available.



Active Older Adult Program

- Senior classes, from aerobics to yoga, are offered Monday through Friday at the San Luis Obispo facility.
- Classes incorporate cardiovascular activities with strength training. Check out classes in the South County too!

Family Fitness

- Discover the joys of spending recreational and fitness time with your family.
- YMCA offers Family Fun Nights every Friday evening which are open to all families in our community free of charge.
- Our friendly, casual atmosphere will make you and your family right at home.
- Family memberships include Kids Gym free of charge!

spirit

YOUTH

FAMILY



Encouraging

Involved

Supporting

Facility Membership INCLUDES

- ▼ Aerobic and Group Fitness Classes
- ▼ Precision Cycling
- ▼ Active Older Adult Program
- ▼ Free Personal Training
- ▼ Cardiovascular equipment
- ▼ Free Weights and Strength Machines
- ▼ Teen Weight Room Certification
- ▼ Three Racquetball Courts
- ▼ Basketball Court
- ▼ Kids Gym
- ▼ Youth Room
- ▼ Locker rooms with dry saunas

HEALTH &

FITNESS

membership HOURS

Monday to Thursday	6 a.m. to 10 p.m.
Friday	6 a.m. to 9 p.m.
Saturday	8 a.m. to 7 p.m.
Sunday	11 a.m. to 5 p.m.

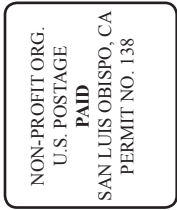
membership FEES

Youth	\$22
Student	\$26
Adult	\$32
Family (2 adults/kids under 18 free)	\$48
Senior (55+)	\$26
Senior family (2 adults)	\$40
One-time membership sign-up fee	
youth	free
student, adult & senior	\$50
family	\$100

(Kids Gym is free with family memberships or \$2/hour/child.
Additional \$2 fee for Precision Cycling. Teen Weight Room
Certification \$15.)

A simple way to pay your monthly membership fee is to have it automatically drafted from your checking, savings or credit card account. An initial set up allows us to automatically transfer the fee each month with no hassle to you. We also accept payment for 12 months in full by cash, check, Visa or Mastercard. Prices are subject to change.

Ask us!
Financial aid
is available.



San Luis Obispo County YMCA
1020 Southwood Drive
San Luis Obispo, CA 93401



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HEALTH and FITNESS



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