

## PERSONAL TRAINING

### FITNESS ORIENTATION

This 20 minute session with a certified Personal Trainer includes demonstration on our cardio and CYBEX machines, goals consultation and body fat analysis.

(FREE, MEMBERS ONLY)

### INDIVIDUAL

30 MINUTE SESSIONS

ONE SESSION/WEEK (Y MEMBERS \$80/MONTH, 4 SESSIONS)

TWO SESSIONS/WEEK (Y MEMBERS \$128/MONTH, COMMUNITY MEMBERS \$138/MONTH, 8 SESSIONS)

THREE SESSIONS/WEEK Y MEMBERS \$168/MONTH, COMMUNITY MEMBERS \$180/MONTH, 12 SESSIONS

## YOUTH PROGRAMS

Basketball: Co-Ed (grades K-2) & Boys/Girls (grades 3-6)

Hip Hop Dance grades K-5

Spring & Fall Tumbling ages 3-10

Volleyball Clinic grades K-8th

U12/U14 Competitive Soccer: Fulton Soccer Club

Flash Cross Country & Track ages 6-14

Spring & Fall Rec Soccer ages 3-10

Summer Camp grades K-5th

Rookie T-Ball ages 3-5

Tackle Football grades 3-6

Cheer grades K-6

Small Fry BBall ages 3-5

Cheer Clinic

Karate



# FIND YOUR CONNECTION



# FIND YOUR Y!

**YMCA of CALLAWAY COUNTY**

**1715 Wood Street**

**573-642-1065**

**[ymcaofcallaway.org](http://ymcaofcallaway.org)**

## MEMBERSHIP RATES

TYPE	JOINING FEE	MONTHLY
Youth (12-18)	\$0.00	\$18.75
Young Adult (19 - 23)	\$0.00	\$19.75
Adult (24 - 61)	\$35.00	\$33.25
Couple	\$40.00	\$38.50
Single Parent Household	\$45.00	\$36.50
Family/Household	\$55.00	\$45.00
Senior (62+)	\$20.00	\$20.00
Senior Household	\$25.00	\$27.00

## MEMBERSHIP BENEFITS

Spacious Fitness Center	Functional Fitness Room
Multipurpose Gym	Outdoor Walking Trail
Indoor Track	Outdoor Playground
Multipurpose Studio	Pickleball Courts
Group Exercise Classes	No Contracts
Basketball Courts	24/7 Access Available
Child Watch	Special pricing on Sports, Programs & Personal Training
Day use lockers	

## FACILITY HOURS

MON– FRIDAY	5:00 am –9:00 pm
SATURDAY	8:00 am – 5:00 pm
SUNDAY	12:00 pm – 5:00 pm

## YOUR Y ANYTIME

### Premium Membership

For YMCA members age 18 and older. Includes access to the Fitness Center, Functional Fitness Room, and Multipurpose Gymnasium.

Premium membership fees is in addition to monthly membership fees. and special key card is required for entry.

Start up fee is \$5.00 per person

YOCC members

Individual (one adult) - \$5.00 per month

Couple (two adults) - \$8.00 per month

Family (three or more adults) - \$10.00 per month.

Nationwide Y Members - \$15.00 per month



## OUTREACH – FINANCIAL ASSISTANCE

The YMCA welcomes people from all socioeconomic backgrounds. We provide financial assistance through our **HERE FOR ALL OUTREACH PROGRAM** to those unable to pay the fees for membership, youth sports and programs. The amount of financial assistance is dependent upon financial need and household size.

This program is made possible by donations received from Callaway County community members through our Special Events.

## CHILD WATCH

Care while you workout for ages 6 weeks through age 8

### MONDAY –THURSDAY

8 am – 11:30 am and 4 pm – 7:00 pm

### FRIDAY – SATURDAY

8 am – 11:30 am

Hours may change due to holidays and summertime.

Look for posted schedule.