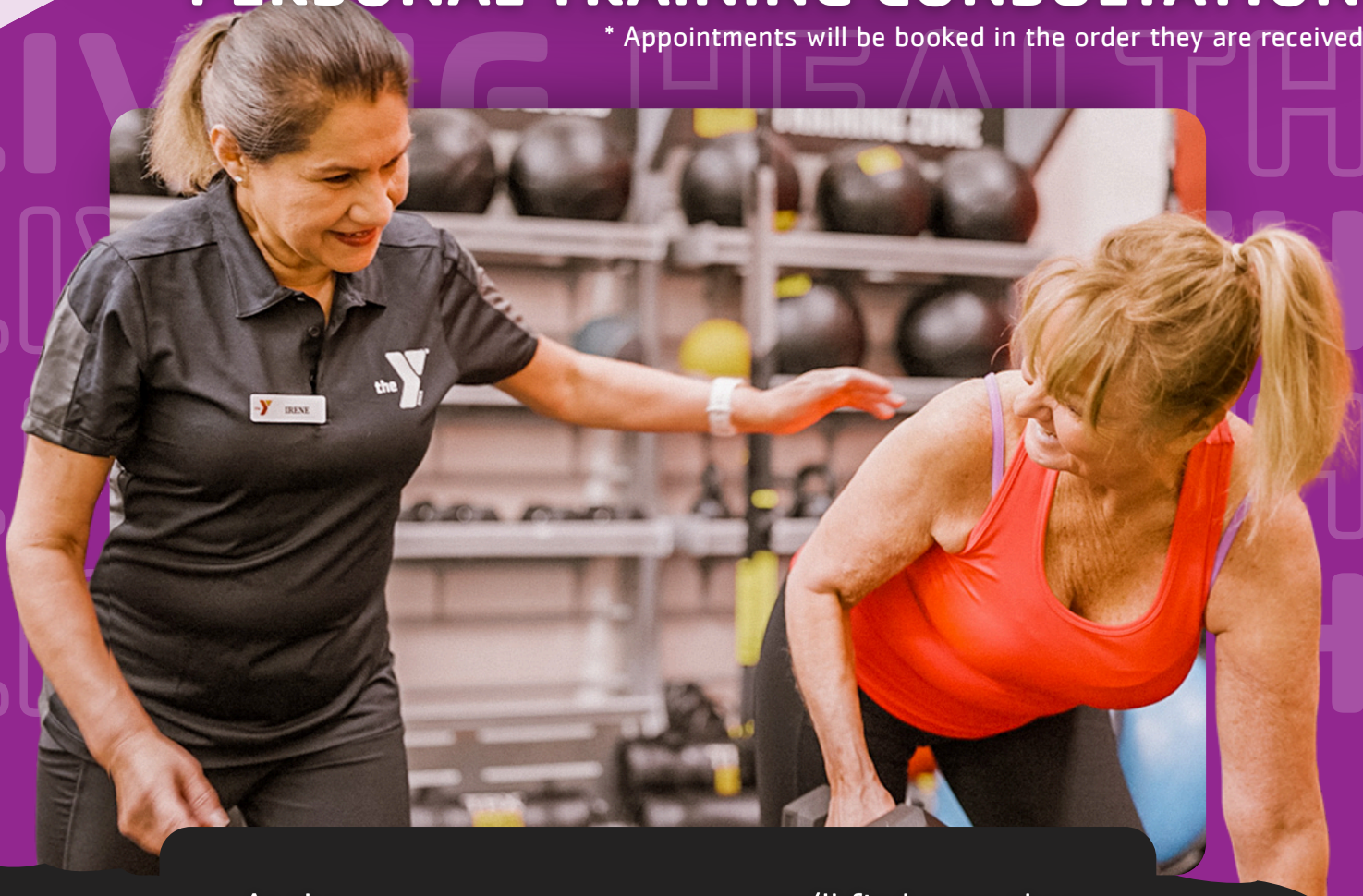




# JOIN THE Y IN JULY RECEIVE A FREE PERSONAL TRAINING CONSULTATION!

\* Appointments will be booked in the order they are received.



At the **YMCA of the Foothills**, you'll find more than amazing fitness spaces. Find connections, get in on special events, and give back to the community — all with your Y membership!

## MEMBERSHIP BENEFITS

- NEWLY RENOVATED STRENGTH CENTER
- Brand-new strength training equipment including Plate-Loaded Machines
- New Boxing Studio
- New 3-D Body Scanner
- Access to all 3 YMCA of the Foothills locations

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