

# DID YOU KNOW THE Y...



# ... Has specialized Personal Training!

Weight Loss ● Strength ● Sports ● Recovery • Increased Energy •

### ... Over 100 Classes!

Spin ● Yoqa ● Barre ● Pilates ● TRX

■ Zumba
■ Aqua Fitness
■ Masala Bhangra

Primal Fitness
Les Mills Body Pump

Awesome Abs
Spin
Body Combat
Grit



- Three State of the Art Fitness Rooms
- **TWO Great Pools**
- Full Sized Basketball Court, Rock Wall ... Is the BEST value in town!
  - TWO Yoga Studios, Barre Studio
  - **Group Fitness Auditorium**
  - **Primal Fitness Room**

## **SHORT HILLS RESIDENTS! NO JOIN FEE!**

JOIN WITH THIS FLYER (OR PICTURE) AND GET YOUR JOINING FEE WAIVED!\*

\*Offer only good at the Summit YMCA, 67 Maple Street Summit, NJ 07901.

### **BERKELEY HEIGHTS YMCA**

A branch of the Summit Area YMCA.

550 Springfield Avenue P (P) 908 464 8373 Berkeley Heights, NJ 07922 (F) 908 508 1059

#### **SUMMIT YMCA**

A branch of the Summit Area YMCA.

67 Maple Street P (P) 908 273 3330 (F) 908 273 0258

### THE LEARNING CIRCLE YMCA

A branch of the Summit Area YMCA.

95 Morris Avenue (P) 908 273 7040 Summit, NJ 07901 (F) 908 273 5670

www.theSAY.org

summitarea.ymca

@summitareaymca



The Summit Area YMCA is one of the area's leading charitable 501(c)3 organizations. Our programs and services are open to all through our financial assistance programs made possible through the generosity of our members, donors and partners. To help us help others, make your tax-deductible donation today at www.theSAY.org