



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY


FITNESS PARTIES

▶▶▶▶▶ **FOR ADULTS**



WORK HARD PLAY HARD





Our fitness parties are designed to give you a great workout while spending time with friends, family or co-workers. Perfect for birthdays, anniversaries, bridal showers, graduations, sweet sixteens, quinceaneras, and corporate team building events, our fitness parties include an instructor, as well as a party stager to assist in the party room setup and with post-party cleanup.

HEALTHY ACTIVE FUN FOR ALL!



INDOOR CYCLE PARTY WORKOUTS

Host your private indoor cycle party with up to 15 of your closest pals. Our instructor will ensure all guests are set up correctly on their bikes before the whole group pedals away in an intensely fun fat burning workout!

SATURDAYS: 7:30PM - 9:00PM
SUNDAYS: 4:00PM - 5:30PM





YOGA PARTY WORKOUTS

Downward facing dog, warrior and sun salutation poses are a great way to celebrate and relax with friends. Beginner and experienced yogis can participate as our instructor will modify poses for each level of experience. Finish off the class feeling stress free and refreshed. Namaste.

FRIDAYS: 8:00PM – 9:30PM
SUNDAYS: 12:30PM – 2:00PM



PARTY OPTIONS

Your party package includes one hour of instruction plus another half hour of celebration and socializing. Choose between a silver or gold party package

PACKAGE OPTIONS	SILVER PACKAGE	GOLD PACKAGE
MEMBER PRICING	\$300 for 15 guests	\$400 for 15 guests
ADDITIONAL GUESTS	\$10 per guest	\$10 per guest
PARTY PACKAGE INCLUDES 	<ul style="list-style-type: none"> • Instructor • Tiara or Crown for the host • Screen printed hand towel gift for all • Paper products • Special tee for host • Specialty cup cakes (in a tiered tower) • Birthday candles 	<ul style="list-style-type: none"> • Instructor • Tiara or Crown for the host • Screen printed hand towel gift for all • Paper products • Special tee for host • Specialty cup cakes (in a tiered tower) • Birthday candles • Customized music playlist • Party favors • Decorations
NON-MEMBER PRICING	\$375 for 15 guests	\$475 for 15 guests

All parties must be must be booked at least 2 weeks in advance of event. A \$100 non-refundable deposit is due at the time the party is booked, with the balance to be paid one week prior to the party date. A waiver must be signed by all participants. Parties for ages 18+.

Please contact Susan Guber via email at susan.guber@theSAY.org or Tracy Wanamaker via email at tracy.wanamaker@theSAY.org for more information and to check availability.



BERKELEY HEIGHTS YMCA

A branch of the Summit Area YMCA.

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

www.theSAY.org | www.facebook.com/summitareaymca

SUMMIT YMCA

A branch of the Summit Area YMCA.

67 Maple Street | (P) 908 273 3330
Summit, NJ 07901 | (F) 908 273 0258

[@summitareaymca](https://www.instagram.com/summitareaymca)

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

[@summitareaymca](https://www.instagram.com/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