



**Get Fit, Stay Fit Concord...  
we'll show you how.**



Our "COMMIT TO BE FIT"  
program provides the  
support and guidance  
you need to  
**REACH YOUR FITNESS GOALS!**

Concord Family YMCA • 15 N. State St., Concord • [www.concordymca.org](http://www.concordymca.org)

# Make this the year you change.

## Your Outlook. Your Health. Your Life.

As a Y member every day is another great opportunity to make progress in your own way. No other single membership provides so many ways for you and your family to improve health and connect with the community. We have Nautilus, Cardio, Free Weights, Indoor Cycling, a 25 Yard Pool, and a 20X30 foot Climbing Wall—something for all ages. Come in for a free tour and talk about YOUR wellness goals.

Concord Family YMCA Members receive free enrollment in our "COMMIT TO BE FIT" 7 week wellness program as well as free group exercise classes like: Yoga, Pilates, Aerobics, Water Fitness, Zumba and many more!

Financial assistance is available for those who qualify, stop by our front desk for more information or call 228-9622.

We are a 501 (c) (3) non-profit organization.



Bring this card in by Feb 14th, 2010 and we'll waive our sign up fee.

Bring a friend—you can print additional cards at our website.

[www.concordymca.org](http://www.concordymca.org)

# Sign up

For Tomorrow.



Already in shape?  
Have you plateaued?  
Do you want to reach the  
next level in your fitness?

Did you know that the  
Concord Family YMCA  
offers **PERSONAL  
TRAINING**, and all  
of our personal trainers are  
Nationally Certified?  
We offer 1-on-1 training as  
well as small groups.