



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

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

HELPING YOU LIVE BETTER

Everyone is Welcome

As a member of the Y 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.



Concord Family YMCA • 15 N. State St., Concord • (603) 228.9622 • www.concordymca.org



**Chamber of Commerce
2011 Non-Profit Business
of the Year**

CELEBRATE OUR SUCCESS

Join Today.

At the Y, you're not just a member of a facility; you're part of a cause. While we have the latest in cardio equipment, exciting group exercise classes, a top notch progressive swim program, a four lane 25 yard pool, and a full size gym, we offer a lot more. We're your neighbors and friends and as such we are dedicated to improving YOUR HEALTH AND WELL-BEING.

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, Splash Dance (Water Dance Class for adults), Water Fitness, Zumba, Zumbatomic (Youth Zumba), Youth Yoga, Lap Swimming, Boot Camp, Family Swim Times, and more!

Financial assistance is available for those who qualify, stop by our welcome center for more information or call 228-9622. We are a 501 (c) (3) non-profit organization.

START SOONER ACHIEVE MORE
... and save a little too! Bring this card in by
Feb 14th, 2012 and **we'll waive our sign up fee.**
Bring a friend—you can print additional cards at
www.concordymca.org



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**? Sign up today
for a free consultation.



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Concord YMCA
15 N. State Street
Concord, NH 03301

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