



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# A NEW BEGINNING

## MURRIETA FAMILY YMCA

A New Health & Wellness Facility Coming Summer 2015!



PERSONAL TRAINING



FAMILY MEMBERSHIP



STRENGTH TRAINING EQUIPMENT



KidZone



BODYCOMBAT™

### Benefits of a Health & Fitness Membership

- Cycling and state-of-the-art family-friendly fitness center (over 23,000 sq ft) with NEW cardio equipment selection which includes a personal entertainment system (TV and internet)
- Great selection of strength training equipment and functional training featuring Human Sport by StarTrac® Fitness
- 2,300 sq ft group fitness studio and dedicated Mind Body Studio
- Over 40 Group Fitness Class: BODYPUMP™, BODYCOMBAT™, BODYSTEP™, Spinning, Yoga, Barre, Boot Camp, Zumba®, Mat Pilates, Senior Classes, GlucoFit Club - all included in membership!
- Certified personal trainers on site for personal training
- Youth fitness, sports classes, family events and more!

**KidZone FREE with Family Membership**  
We watch your kids while you work out!

**Receive a Coupon for 2 Free Personal Training Sessions When You Join the Y!**  
(Redeem within 120 days of Opening - PC315)

**Also Receive a 50% Off Fee-Based Program Coupon (PC225)**

**SIGN UP BEFORE JUNE 30TH AND PAY NO ENROLLMENT FEE!\***  
(PC410) Some restrictions may apply.

**REFER A FRIEND!** When you refer a friend and they join the Y, you receive one free month of membership! There are no limits - the more friends you refer, the more you save! Restrictions apply (PC205)

For more info visit [ymcarc.org/murrieta](http://ymcarc.org/murrieta) or call **(951) 239-4605**



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# PLAY SAFE & HAVE FUN

## Youth Classes at the Murrieta Family YMCA

### Youth Yoga

Give your child the gift of increased body awareness, focus, flexibility and strength. Taught by an experienced Children's Yoga Instructors to give each child special attention. Convenient class times allow parents to enjoy the YMCA's classes and facilities as well.

### Indoor Pre-school Sports (Ages 3-5)

The Y provides positive, fun activities that build athletic, social and interpersonal skills for youth – all vital building blocks for life! Whether it's gaining the confidence that comes from learning to play or building the positive relationships that lead to good sportsmanship and teamwork, participating in sports at the Y is about building the whole child, from the inside out.



### DATE NIGHT AT THE Y

Date night gives you an opportunity to drop off your children for an evening of fun activities while you enjoy a night out. We celebrate different themes each month like Rock Stars and Divas, Dr. Seuss, Lego Parties and more! Children will get to enjoy fun themes along with crafts and games. Dinner and a movie will also be provided.



### ALSO COMING SUMMER 2015: YOUTH TUMBLING & DANCE CLASSES!

### Scholarship Program

Our Scholarship Program provides financial assistance for YMCA program participation and membership. This is made available to those who qualify through generous donations from businesses, corporations, participants, members, and community residents.

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