

MEMBERSHIP PERKS

- Full access to the fitness center, pool, gym and classes.
- Free participation in wellness center orientations
- Access to 40+ **free** land and water group exercise classes
- Discounted rates on family programs, youth and adult sports, swim lessons, day camps and other YMCA activities/events
- Access to free child watch for your children on your membership while you are exercising
 - *Child Watch is available from 9am-noon (M-F) and 5-8pm (M-Th)*
- Access to 5 guest passes to share our Y with others throughout the year
- Invitations to Membership Appreciation Events
- Priority registration on YMCA programs
- **Discounts on building rentals**
 - **Members can rent out the building for 2 hours on the weekend after we close for \$175. With a rental, you'll get access to the pool, lobby and gymnasium.**
- Community of individuals who have the same wellness goals

HEALTHY LIVING

MOSSA Group Power

Using an adjustable barbell, weight plates, and body weight, Group Power combines squats, lunges, presses, and curls with functional integrated exercises

Mooresville Fitness Classes @ One Place at Life Pointe Church in Mooresville

Mondays & Fridays 10 AM Strength & Cardio, Yoga Stretch last Friday monthly at 9 AM

Virtual Classes Looking for at-home workout variety?

YMCA360 is free with your membership and available on your phone, computer, or TV. Visits YMCA360.org to start!

Pickleball

Combining elements of badminton, tennis and ping-pong.

Corporate Memberships

Health and fitness benefit the employer with reduced health care costs, increased productivity & decreased absenteeism.

Beginner Yoga

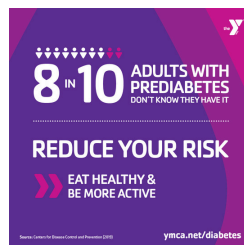
Beginner yoga is a slow-paced stretching class with some simple breathing exercises. This is a good class to learn relaxation techniques and beginner poses to get comfortable with yoga.

Karate

Karate will be offered on Tuesday at 7 pm.

Sports

- Ready to play flag football? Join our adult league!
 - The cost is \$550 per team for a co-ed league with up to 14 players on a roster. Games are 7v7, and at least 2 women must be on the field at all times. Register by August 3 to avoid a \$50 late fee. Games start on August 11 and will be played on Sundays for a 7-week league.



SOCIAL RESPONSIBILITY

Financial & Career Coaching

Work with our Community Needs Coordinators to build a resume, practice interview skills, create a family budget, set a financial goal and steps to achieve it.

Community Table

Free Homemade Dinners Thursdays 6-7 pm; Drive Thru distribution at First Christian Church of Morgantown

Parent Café

Connect with parents of all types by sharing stories, experiences, worries, fears, wisdom, and find community & strength together.

Invest in Youth Annual Campaign

Helps youth in need pay for preschool, camp, out of school care, and sports. Can you help?

