

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. and Thursday at 7 pm.



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?

MISSION MOMENT

When Zola* first joined the afterschool program, she and her mother were living in a local homeless shelter, struggling to make ends meet.

Her mother's job was at a local fast-food restaurant. She was a sweet little girl, who often came to school wearing the same clothes and appearing unkempt. The YMCA afterschool program became her safe haven. Our staff supported Zola academically and her mother as well. With the guidance of the YMCA Community Needs Coordinator, her mother was able to improve her job situation and improve her budgeting skills. They have moved to transitional housing. Zola is on the A honor roll as a result of YMCA academic support.

*Names have been changed for privacy purposes.