

Come and join our growing family - now  
with the choice of two locations!!!

## Y Express

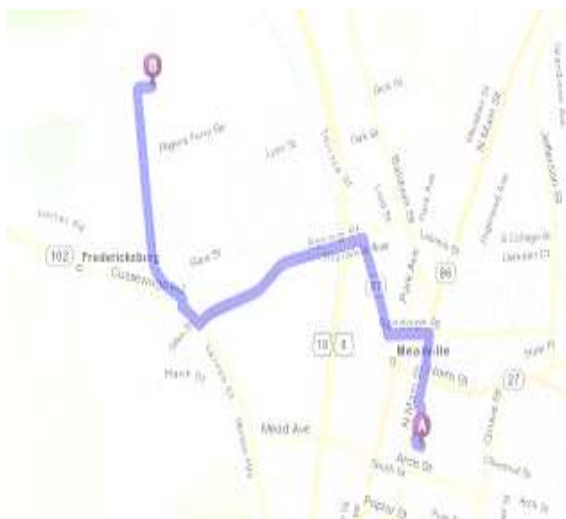
13658 Broadway 807-1700

Monday - Friday

6 am - 8 am

10:30am - 1:30 pm

3:30 pm - 7 pm



## YMCA Family Center

356 Chestnut St. 336-2196

Monday - Friday

5 am - 9 pm

Saturday

7 am - 3 pm

Sunday

12:30 pm - 4:30 pm

*We build strong kids, strong families,  
strong communities*



YMCA Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.



Meadville Family YMCA  
356 Chestnut Street  
Meadville, PA 16335



An extension of the  
**Meadville Family  
YMCA**



**13658 Broadway  
Meadville, PA  
814-807-1700**

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



## Join the family

The Meadville Family YMCA and the Y Express @ the Crawford Business Park are community service organizations.

Programs and services are based on the four character values of *Caring, Honesty, Respect, and Responsibility.*

### Miles Reward Program

Track your workouts and earn rewards:

100 Miles = Water Bottle

225 Miles = T-shirt

425 Miles = YMCA Hat

1550 Miles = YMCA Hooded Sweatshirt



### Scholarship Policy

*It is the hope of the Meadville Family YMCA that no one be excluded from programs because of an inability to pay. If you are in financial need, please fill out our scholarship form at the Members Services desk.*

## Benefits of Membership

### Y-Express Membership Includes:

- ◆ Convenient on-site location
- ◆ Cardio Area including the following:
  - Life Fitness Treadmills
  - Life Fitness Ellipticals
  - Nautilus Stair climbers
  - Precor Recumbent Bikes
- ◆ Cybex Strength Training Pod
- ◆ Core Workout Area with
  - Stability Balls
  - Resistance bands
  - Lightweight Dumbbells
- ◆ Fitness Orientation
- ◆ Miles Rewards Program

### Membership to both facilities includes:

- ◆ All of the above and .....
- ◆ Full Court Gymnasium
- ◆ 4 Lane ~ 20 Yard Swimming Pool
- ◆ 50 Wellness/Fitness classes
- ◆ Free Babysitting while you work out
- ◆ Personal Trainer Available
- ◆ Open Basketball & Volleyball
- ◆ Youth & Teen Center
- ◆ Youth and Adult Sport Leagues
- ◆ Sauna/Steam Room/Jacuzzi



## Membership Rates

### Y Express

Family	\$31.75/ mo
Adult	\$21.25/ mo
Senior	\$16/mo
Senior Family	\$21.25/mo

### Both Facilities

Family	\$52.50/mo
Adult	\$40.25/mo
Senior	\$26.50/mo
Senior Family	\$39.25/mo

*Day Passes are available for purchase at the Member Services Desk.*

**Phone: 814 336-2196**

For additional information, visit us at  
[www.meadvilleyymca.org](http://www.meadvilleyymca.org)