	HAMPTON	LUTER	NEWPORT NEWS	NORTHERN NECK	R.F. WILKINSON	VICTORY
Multipurpose Gym	✓	✓	✓	✓	✓	✓
Indoor Track	✓					✓
Outdoor Track	✓		✓			
Climbing Wall						✓
Swimming Pool	✓	✓	✓	✓	✓	✓
Racquetball Courts			✓	✓		✓
State-of-the-Art Fitness Equipment	✓	✓	✓	✓	✓	✓
ActivTrax®	✓	✓	✓	✓	✓	✓
Free Weights	✓	✓	✓	✓	✓	✓
Cardio Theater	✓	✓	✓	✓	✓	✓
Exercise Bicycles	✓	✓	✓	✓	✓	✓
Treadmills	✓	✓	✓	✓	✓	✓
Stair-Climbers & Crosstrainers	✓	✓	✓	✓	✓	✓
Personal Training	✓	✓	✓	✓	✓	✓
Whirlpool					✓	✓
Sauna	✓		✓	✓	✓	✓
Steam Room				✓		
Locker Rooms	✓	✓	✓	✓	✓	✓
Family Locker Rooms	✓	✓	✓	✓	✓	✓
Child Watch	✓	✓	✓	✓	✓	✓
Youth Watch	✓	✓	✓		✓	✓
Teen Center				✓		✓
Group Exercise Classes	✓	✓	✓	✓	✓	✓
Yoga	✓	✓	✓	✓	✓	✓
Group Cycling	✓	✓	✓	✓	✓	✓

Membership Benefits

Added benefits for members include free group exercise classes, yoga, individualized fitness orientations, fitness evaluations, and drop-in Child/ Youth Watch services for our Family members. Reduced program fees with YMCA membership.

Payment Programs

Bank Draft Program
Monthly dues are automatically withdrawn from your checking or savings account each month.

Credit Card Program
Monthly dues are automatically charged to your credit card each month. Most major credit cards are accepted.

Semiannual and Annual Payment Programs
Semiannual and annual payments are also available that are equal to six and twelve monthly payments, respectively. Most major credit cards are accepted.

Be a Member of the Y Family

- Join the Peninsula Metropolitan YMCA and take part in a tradition of affordable health, fitness, and family programs for all ages.
- Be a part of the warm and friendly atmosphere that offers a variety of wellness programs and full-service fitness facilities.
- Be a member of a non-profit community organization dedicated to enriching the lives of all.
- Ys help people develop values and behaviors that are consistent with Christian principles. Ys are for people of all faiths, races, abilities, ages, and incomes. No one is turned away for inability to pay; the Y's strength is in the people they bring together.

JOIN ONE, BELONG TO ALL

When you join the Peninsula YMCA, you have access to over 180 YMCAs in VA and NC and 13 local-area locations:

FORT MONROE YMCA	757 690 7403
GLOUCESTER FAMILY YMCA	804 993 4922
GREATER WEST POINT FAMILY YMCA	804 843 3300
HAMPTON FAMILY YMCA	757 722 9044
LUTER FAMILY YMCA	757 365 4060
MATHEWS FAMILY YMCA	804 725 1488
MIDDLESEX FAMILY YMCA	804 316 9191
NEWPORT NEWS FAMILY YMCA	757 245 0047
NORTHERN NECK FAMILY YMCA	804 435 0223
NORTHUMBERLAND FAMILY YMCA	804 580 8901
R.F. WILKINSON FAMILY YMCA	757 229 9622
RICHMOND COUNTY FAMILY YMCA	804 333 4117
VICTORY FAMILY YMCA	757 867 3300
WESTMORELAND FAMILY YMCA	804 493 8163

For more information and a list of participating YMCAs, visit peninsulaymca.org/my-y-is-every-y

Everything the Y does is in service of making individuals and communities or "us" better. Join our cause, which is to strengthen the foundations of community, by DONATING TODAY.

Give to your YMCA Annual Campaign TODAY

FOR A BETTER US