



**34 North Broad Street
Ridgway, PA 15853
(814) 7761146**

www.ymcaridgway.com

3.5% upcharge
for all credit card
transactions!

Payment Option

*** Pay in full**

Youth \$108.00
Adult \$303.25
Family \$443.25

***No hassle monthly auto-withdrawal**

Youth \$10.00
Adult \$26.00
Family \$38.00

***Pay monthly, cash, check or credit card**

Youth \$13.00
Adult \$38.00
Family \$50.00

DAY PASSES: \$3.00 youth / \$9.00 adult / \$14 family

FALL

Monday – Friday
5:30 am to 8:30 pm
Saturdays
8:00 am to 12:00 pm



Fitness Classes
MORNING

Monday	Spin with Sara	5:00 – 6:00*
	Bar Strong	6:45 – 7:45
	Water Aerobics	9:00 – 10:00
	Silver Yoga	9:15 – 10:00
Tuesday	Spin with Sara	5:00 – 6:00*
	Dance Aerobics	8:00 – 9:00
	SilverSneakers Classic	10:00 – 11:00
Wednesday	Senior Spin with Sara	5:30 – 6:30*
	Total Toning Blast	8:00 – 9:00
	Water Aerobics	9:00 – 10:00
	Silver Yoga	10:30 – 11:15
Thursday	Spin with Sara	5:00 – 6:00*
	Firming and Toning Circuit	8:00 – 9:00
Friday	Spin with Sara	5:00 – 6:00*
	Cardio Kickboxing	6:45 – 7:45
	Silver Yoga	9:15 – 10:00
Saturday	Spin with Autumn	8:00 – 8:45*
	Boot Camp	9:00 – 10:00
	Yoga	10:15 – 11:15
	Pilates	11:15 – 11:45

EVENING

Monday	Power Hour with Hannah	5:15 – 6:15
	Step & Sculpt with Jenn	5:30 – 6:15
	Water Aerobics	6:00 – 7:00
Tuesday	Spin with Kim	4:30 – 5:25
	Yoga	5:30 – 6:25
	Spin with Jordan	6:30 – 7:30*
Wednesday	Boot Camp	5:30 – 6:30
	Power Hour with Hannah	5:30 – 6:30
	Spin with Nikki	6:30 – 7:30*
Thursday	Bar Strong	5:15 – 6:15
	Water Aerobics	6:00 – 7:00
	Spin with Lacy	6:30 – 7:30*

****ALL fitness classes are FREE to members!**

\$7.00 per class for non-members

***Preregistration for this class is required**



Included with your membership!

- ALL fitness classes**
- Abbi's Clubhouse**
- Fitness Room**
- Weight Room**
- Indoor HEATED Pool**
(86 degrees)
- Women's Volleyball league**
- Gym**
- Racquetball Court**
- SilverSneakers® Fitness Program**
- Silver&Fit, Active&Fit & Renew Active**

Discounts on additional Y programs!

- Swim Lessons**
- Birthday Parties**
- Daycare**
- Cheerleading**



**ASK US ABOUT OUR
DAYCARE AND PRESCHOOL!**

There is always something happening at our YMCA!

****Don't forget to like us on Facebook****