



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# YOU BELONG HERE

## Seven Day Trial Membership

Experience all that your local YMCA has to offer as a guest member for seven days for free.

To start your trial membership, bring one of your recent Reliant bills and this pass to any Greater Houston-area YMCA.

Valid photo ID required. Offer not valid for current Y members and excludes the program discounts reserved for facility members.

### JOIN TODAY AND ENJOY THE BENEFITS OF MEMBERSHIP

- Discounts for programs such as Youth Sports, Swim Lessons, After School and Day Camp
- Wellness orientations and a supportive staff dedicated to helping you meet your fitness goals
- Free Child Watch while you work out
- Free group exercise classes such as ZUMBA®, Yoga, Pilates, Spinning®, water exercise and more
- State-of-the-art strength and cardio equipment
- Indoor and outdoor pools, many open year-round
- Family nights and special events
- Activities and fitness programs for youth and teens
- No contracts to sign
- 30-day money-back guarantee