



At the Y, you, your family & friends can find countless ways to get moving, grow stronger, and experience the joy of better health. All it takes is one first step. Become the better you at the Foundation YMCA!

# FIND YOUR STRENGTH

## GROUP EXERCISE CLASSES FOR ALL

Enjoy bootcamps, yoga, pilates, barre, aqua fitness, cardio, strength, cycling, Zumba... and more!

## PERSONAL TRAINING

Our certified personal trainers are here to help you stay motivated towards your goals.

## CHILD WATCH

The Foundation YMCA provides quality care for children ages six weeks through 12 years of age for YMCA members participating in YMCA activities.

## POOLS / LAP SWIMMING

Multiple indoor pools for lap swimming, exercise classes, and family swim time. Lessons available for all ages!

## WELLNESS FLOOR

Spread out and stretch or exercise on these functional fitness spaces with plenty of equipment.

## INDOOR TRACKS

Walk or run on our spacious indoor track.

## SENIOR HEALTH, WELLNESS & LIFESTYLE

Structured exercise programs, senior health & wellness programs and classes.

## Y-GIG

Y-GIG is an exceptional after-school program designed to engage and enrich middle schoolers in Wilson County.

# JOIN US!

VISIT [FOUNDATIONYMCA.ORG](https://foundationymca.org)

FOUNDATION YMCA | 252-291-9622

233 NASH ST N, WILSON, NC 27893

## WANT TO LEARN MORE?

SCAN THE QR  
CODE WITH YOUR  
PHONE CAMERA!

SCAN ME



# FIND YOUR COMMUNITY

**WITH A FOUNDATION YMCA MEMBERSHIP, THERE IS SO MUCH TO ENJOY...TOGETHER!**

- Discounts on YMCA Program & Camp Registration
- Wellness Floor Orientation
- Personal Training with a Y trainer
- FREE Onsite Babysitting for children 6 weeks-12 years
- Indoor Basketball Courts
  - Basketball
  - Pickleball
- Indoor Pool
  - 8 Lane Lap Pool
  - Warm Water Pool
  - Swim Lessons (Children and Adult)
- New Middle School After School Program, Y-GIG
- Indoor Track
- Group Exercise Classes
  - Cycle Studio
  - Mind-Body Studio
  - Large Group Ex Studio
- Locker rooms
- Strength/ Cardio Equipment
- Sauna



## FLEXIBLE RATES

ASK ABOUT OUR "MEMBERSHIP FOR ALL" FLEXIBLE PRICING & FINANCIAL ASSISTANCE FOR SSYMCA MEMBERSHIP & PROGRAMS

\*2 Adult & 2 Adult with dependents memberships will require proof of same residency.

## FACILITY HOURS

**Monday-Friday** 5:00 am-8:00 pm  
**Saturday** 7:00 am-4:00 pm  
**Sunday** 11:00 am-5:00 pm

## CHILD WATCH HOURS

**MONDAY-THURSDAY** 9:00 AM-1:00 PM  
 5:00 PM-7:30 PM  
**FRIDAY** 9:00 AM-1:00 PM  
**SATURDAY** 8:00 AM-11:00 AM  
**SUNDAY** CLOSED

MEMBERSHIP	RATE	JOINING FEE
YOUNG ADULT – AGES 14-24	\$30	\$25
1 ADULT- AGES 25-61	\$50	\$50
1 ADULT W/ DEPENDENTS	\$60	\$50
2 ADULTS (LIVING IN THE SAME HOUSEHOLD)	\$65	\$50
2 ADULTS W/ DEPENDENTS (LIVING IN THE SAME HOUSEHOLD)	\$70	\$50
2 SENIOR 62+ (W/ OR W/O DEPENDENTS LIVING IN THE SAME HOUSEHOLD)	\$45	\$50
SENIOR 62+	\$35	\$25