



Mission Statement

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

Annual Partners Campaign

Each year, volunteers in our community support YMCA programs and scholarships. Proceeds support our many community activities and fund financial assistance for families unable to pay full cost. To make a donation or to join as a campaign volunteer, please contact a member of our staff.

Financial Assistance

Thanks to generous donors, financial assistance helps make YMCA programs and services available to people of all ages, abilities, and backgrounds. Financial assistance forms can be obtained at the front desk.

Guest Policy

The primary member will receive a guest pass card that will allow 8 guest per year. The member can bring the same guest up to three times. All guest must have a picture I.D. with them and sign a waiver of liability. If the guest is under the age of 18 their parent/guardian needs to sign the waiver.

Membership Holds

Memberships may be placed on hold for a maximum of three months during a calendar year due to vacation, medical, or financial reasons. The fee is \$5.00 handling fee per person, per month.

Canceling Membership

You may terminate your membership with 30 day written notice **and** completed drop form. If rejoining occurs 90 days after cancellation, you will be charged the full joining fee.

Special Notes

Members, guest, and program participants are advised that they use all YMCA premises, facilities, equipment and program activities at their own risk. The YMCA cannot be held responsible for your valuables. All scheduled activities and programs are subject to minimum enrollment. All rates, fees, and schedules are subject to change without notice. Membership is non-transferable. Membership cards are property of Fremont/Newark YMCA. It provides the individual whose picture and/or name appear herein with pre-specified, revocable privileges, which may be changed or canceled at any time without notice.

Adult Fitness Rates

Joining Fee	Sngl/Cpl
	\$35.00/\$60.00

Individual	\$27.00 / Month
Couple	\$38.00 / Month
Senior (55 & Up)	\$21.00 / Month
Senior Couple	\$32.00 / Month

Bay Area Joining Fee	Sngl/Cpl
	\$99.00/\$149.00

Bay Area Individual	\$75.00 / Month
Bay Area Couple	\$125.00 / Month



Fremont/Newark

YMCA

41811 Blacow Road
Fremont CA , 94538

(510) 657-5200

www.ymcaeastbay.org

Healthy Holidays
Happy Father's Day!

June, 2010

Group Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-7:00am		Boot Camp w Marliene	NEW			
7:00AM to 9:00AM		8:00—9:00 Pilates with Jennifer Barash		8:00—9:00 Pilates with Jennifer Barash	8:00—9:00 Crash Training with Peter Tapao	8:00– 9:00 Yoga with Vinod Rao
9:00AM to 10:00A M	Beginning Exercise with Peter Tapao	Cross Training with Marliene Triplett	Beginning Exercise with Peter Tapao	Body Sculpting/ Fat Loss with Marliene Triplett	Cross Training with Marliene Triplett	Sign up for new Kettlebell class! We need 10 paid sign ups to make the class go. Sign up at the Front Desk Or call 510-657-5200
10:00A M to 11:00A M	Kundalini Yoga with Anna Tzanova		Kundalini Yoga with Anna Tzanova	1:00-2:00 Restorative Yoga with Anna Tzanova	Kundalini Yoga with Anna Tzanova	
5:30PM to 6:30PM	Yoga with Sulochana Rao	5-6 PM Meditation With Anna Tzanova	Yoga with Sulochana Rao	6:00-6:45 Martial Arts 5-8 yrs old Paid Program 6:45-7:30 9+ yrs old	Indoor Cycling with Phillip White	
6:30PM to 7:45P M	Yoga with Vinod Rao	6:00-6:45 Martial Arts 5-8 yrs old Paid Program 6:45-7:30 9+ yrs old	Yoga with Vinod Rao	6:45-7:45 Self De- fense/ Mar- tial Arts (please regis- ter@ Front Desk		closed
7:00PM to 8:00PM	7:30-8:30 Indoor Cycling with Phillip White	Pilates with Jennifer Barash 6:15-7:15	BOOT CAMP 7:30-8:30 with Marliene Triplett			

BOOT CAMP with Marliene Triplett

Tuesdays 6:00—7:00 AM

Wednesdays 7:30-8:30pm

Please, register @ Front Desk

Sunday Closed

Monday to Thursday 7:00am—9:00pm

Friday 7:00am—8:00pm

Saturday 8:00am—2:00pm

Celebrate "Healthy Holidays" with us! Start now by joining us for exercise classes or let us help you design an individual program.