



# YOUR FRIEND NEEDS A WORKOUT BUDDY!

Join your friend at the Y! Take a class together, challenge each other in the Fitness Center, or relax in the pool. We know when you work out with a friend, you're more likely to stick with your goals, and you'll have more fun doing it!

## Membership Benefits:

- Unlimited access to 6 branches on Oahu and thousands of YMCAs across the country
- Over 100 group exercise classes (in-person, live stream, and on-demand): Zumba, Pilates, Cardio Training, TRX, Yoga & more
- Latest cardio and strengthening machines
- Heated swimming pools
- Affordable personal training
- FREE first guided workout
- Up to 20% savings on intersession, summer camps, swim lessons & other youth programs with family memberships\*
- Affordable rates and financial assistance available based on need

\*Must have a Family Membership.

\*YMCA policies and programs operate in compliance with CDC & State safety guidelines.

## JOIN TODAY

### You Receive:

Joiner's Fee Waiver  
(A \$99 Value)

Use coupon code "MGMJF" online.

Remember to add your friend's name and phone number so they get credit.

### Your Friend Receives:

A FREE month of membership

## Join Online Now!

Visit [ymcahonolulu.org](http://ymcahonolulu.org) or call (808) 678-4296 to become a YMCA member today.

KAIMUKI-WAI'ALAE • KALIHI • LEEWARD • MILILANI • NU'UANU • WINDWARD