



Cambridge Family YMCA, 820 Massachusetts Avenue, Cambridge
P: 617.661.9622 or visit our website at www.cambridgeymca.org

“We’ve got Class, and we’d like to share it with you”

FREE

Hello Neighbor,

Did you know that you could walk to our YMCA in approximately 10-20 Minutes! We are located at 820 Massachusetts Avenue – across from Cambridge City Hall.

Now, beside the fact that you would benefit from a cardio-vascular aspect from walking here, extend it by walking right into one of our **Step Aerobics, cardio kickboxing, strength training, African jazz dance, aquacize, Tahitian dance, boot camp and yes even a yoga class FREE of charge.**



At the YMCA you can purchase a membership through our monthly “automatic withdrawal program” for as little as \$53 per month and so much more!

- Work out on our Nautilus Circuit/Cardio Center, play “hoops” in one of our two gyms, jog on our indoor track, swim in our pool, and enjoy a game of racquetball.
- Enjoy FREE classes such as Step Aerobics, Cardio Kickboxing, Strength Training, African Jazz Dance, Punk Rope, Aquacize, Boot Camp, and Tahitian Dance as a YMCA Member.
Imagine all this for only \$53 per month!
- Unlimited yoga classes are an additional \$10 per month.

Come and see for yourself, bring a friend – present this flyer to the YMCA Front Desk and receive a free class pass. Pick up a class schedule at the front desk or download the schedule from our website – see schedules