



SHARE THE WELLNESS.

**MEMBERS, GET A FRIEND TO JOIN BY NOV. 30, 2008...
YOU GET ONE MONTH FREE AND THEY GET \$0 JOINER FEE!***

NEED MORE MOTIVATION TO GET HERE? TRY BRINGING A FRIEND ALONG.

You love what the YMCA has done for you. You're looking better. Feeling healthier. Isn't it about time you shared the wellness? Encourage each other to make the YMCA a regular habit. Watch each other's progress. Try out each other's favorite fitness routines.

GET A FRIEND TO JOIN BY NOV. 30, 2008! BELONG... TOGETHER.

*Visit the Member Service Desk for program details.

YMCA OF METRO CHICAGO

WWW.YMCACHGO.ORG

