

HEALTHY MEANS

INVESTING IN YOURSELF AND YOUR FUTURE.

Healthy Facts

Being healthy is the one thing you can't afford to cut back on. Why? It's simple. Being fit lets you do more and costs you less in the long run. And when you belong to the Y, it's more affordable than ever to get yourself to healthy. Come see why your Metro Chicago YMCA is the go-to place for dropping pounds, lowering stress and sending your happiness stock through the roof. All for a price that can fit into any budget. Now that's a smart investment!

**\$0 JOINER FEE
IN JANUARY**

PLUS \$10 Dominick's GIFT CARD*

13th month	FREE
Long Term Contracts	none
Financial Assistance	yes
Rate Increases in 2009	\$0
Top-of-the-line equipment	yes
Family Nights	yes
Non-intimidating Environment	yes
YMCA Commitment to You	110%

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Buehler YMCA
1400 W. Northwest Hwy
Palatine
847.359.2400
buehlerymca.org

Elmhurst YMCA**
211 W. First St.
Elmhurst
630.834.9200
elmhurstymca.org

Foglia YMCA
1025 Old McHenry Rd.
Lake Zurich
847.438.5300
fogliaymca.org

Grayslake YMCA
1850 E. Belvidere Rd.
Grayslake
847.548.8300
grayslakeymca.org

Greater LaGrange YMCA
1100 E. 31st St.
LaGrange Park
708.352.7600
greaterlagrangeymca.org

Hastings Lake YMCA
1995 Grass Lake Rd.
Lindenhurst
847.356.4006
hastingslakeymca.org

High Ridge YMCA**
2424 W. Touhy Ave.
Chicago
773.262.8300
highridgelymca.org

Indian Boundary YMCA
711 59th St.
Downers Grove
630.968.8400
indianboundaryymca.org

Irving Park YMCA**
4251 W. Irving Park Rd.
Chicago
773.777.7500
irvingparkymca.org

Lake View YMCA
3333 North Marshfield
Chicago
773.248.3333
lakeviewymca.org

Lattof YMCA**
300 E. Northwest Hwy.
Des Plaines
847.296.3376
lattofymca.org

Leaning Tower YMCA
6300 W. Touhy Ave.
Niles
847.410.5108
leaningtowerymca.org

McCormick Tribune YMCA**
1834 N. Lawndale Ave.
Chicago
773.235.2525
mccormicktribuneymca.org

Rauner Family YMCA**
2700 S. Western Ave.
Chicago
773.847.3115
raunerfamilyymca.org

South Chicago YMCA**
3039 E. 91st St.
Chicago
773.721.9100
southchicagoymca.org

South Side YMCA
6330 S. Stony Island
Chicago
773.947.0700
southsidechicagoymca.org

Wabash YMCA
3763 S. Wabash
Chicago
773.285.0020

West Communities YMCA**
6235 S. Homan Ave.
Chicago
773.434.0300
westcommunitiesymca.org

visit our web site at www.ymcachgo.org

YMCA OF METRO CHICAGO

* Offer valid at participating YMCAs of Metropolitan Chicago. Programs vary by location.

**Nosotros Hablamos Español, Llamemos

