**YWCA Cortland Health & Fitness Membership & Schedules**

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ywca

## *YWCA Annual Membership*:*

| | |
|---|---|
| Sustaining | $75 |
| Adult | $40 |
| Senior (age 60 and up) | $35 |
| Student (age 13-18) | $30 |

***An annual YWCA Cortland membership is required for member pricing on all Health & Fitness programs.***

## *YWCA Exercise Membership Options:*

| Type | Adult | Senior | 2-Person | Non-Member |
|---|---|---|---|---|
| Unlimited Group X Classes | $54/mo.<br>$145/3 mos. | $49/mo.<br>$135/3 mos. | $80/mo.<br>$215/3 mos. | $65/mo. |
| Unlimited Weight Room Use | $42/mo.<br>$115/3 mos. | $37/mo.<br>$105.3 mos. | $70/mo.<br>$190/3 mos. | $55/mo. |
| ComboPack<br>Unlimited Group X & Weight Room use | $62/mo.<br>$167/3 mos. | $55/mo.<br>$148/3 mos. | $95/mo.<br>$260/3 mos. | $105/mo. |
| FitPass<br>Use for 10 classes or 10 weight room visits. Pass valid for 6 months after purchase. | $65 | $60 | N/A | N/A |

## *YWCA Pool Membership Options:*

| Type | Adult | Senior | 2-Person | Non-Member |
|---|---|---|---|---|
| Unlimited Lap & Leisure | $66/mo.<br>$178/3 mos. | $60/mo.<br>$162/3 mos. | $99/mo.<br>$276/3 mos. | $77/mo. |
| Lap Pass<br>Use for 10 lap swims<br>Valid for 6 months from purchase | $55 | $50 | N/A | |
| Unlimited Water X | $72/mo.<br>$195/3 mos. | $66/mo.<br>$178/3 mos. | $108/mo.<br>$291/3 mos. | $82/mo. |
| Water X Pass<br>Use for 10 classes<br>Valid for 6 months after purchase | 10 classes<br>$80 | 10 classes<br>$75<br>SS, S&F, AARP discount<br>$45 | N/A | N/A |
| Pool ComboPack<br>Unlimited Water X classes **&** Lap Swim | $103 | $94 | N/A | N/A |
| Family Swim Single Visit | $5 per person<br>*Up to 5 people. Over 5 people pay $25.* | N/A | N/A | $7 per person<br>*Up to 5 people. Over 5 people pay $35.* |

***Children 1 and under swim for free!***

## Group X Class Schedule Fall 2021

| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| **8:00-9:00 am** | | Cardio Combo | | Cardio Combo | |
| **9:00-10:00 am** | Full Body Fit | BOSU Cardio Pump | Kickboxing | | Get Fit Fridays! |
| **9:30-10:15 am** | | | | Balanced & Strong | |
| **10:15-11:15 am** | Boomer Nation | | Boomer Nation | | Boomer Nation |
| **10:30-11:30 am** | | Silver Sneakers | | Silver Sneakers | |
| **11:30-12:15 pm** | | | Silver Sneakers Stability | | |
| **5:15-6:15 pm** | Cardio Pump | | Cardio Pump | | |

***All Group X classes are in the Multi-Purpose Room.***
***For Group X & Water X class descriptions, visit cortlandywca.org.***

## Water X Class & Lap & Leisure Schedule Fall 2021

| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| **7:15-8:30 am** | Lap & Leisure | | Lap & Leisure | | Lap & Leisure |
| **8:30-9:30 am** | Water Works | | Water Works | | Water Works |
| **9:30-10:30 am** | Splash | | Splash | | Splash |
| **10:30-11:30 am** | Joint Venture | | Joint Venture | | Joint Venture |
| **11:30-12:30 pm** | Lap & Leisure | | Lap & Leisure | | Lap & Leisure |
| **12:00-1:00 pm** | | Lap & Leisure | | Lap & Leisure | |
| **1:00-2:00 pm** | | Joint Venture | | Joint Venture | |
| **5:00-6:00 pm** | | Splash | | Splash | |
| **6:00-7:00 pm** | | Joint Venture | | Joint Venture | |

## Family Swim Schedule Fall 2021

| Time | Monday | Wednesday | Friday | Saturday |
|---|---|---|---|---|
| **11:30-12:30 pm** | | | | Family Swim |
| **7:00-8:00 pm** | Family Swim | Family Swim | | |

Hours of Operation:

| | |
|---|---|
| Monday-Thursday | 7 am-8:30 pm |
| Friday | 7 am-6 pm |
| Saturday | 8 am-1pm |
| Sunday | Closed |

Calling all seniors! YWCA Cortland participates with (3) senior fitness programs: Silver Sneakers, Silver & Fit, and Renew/Active (AARP). Participants in these programs receive a YWCA Basic Fitness program (Group X classes, and Weight Room use) at no cost, and discounted pricing for the pool. Call your insurance provider to see if you are eligible.

***Due to the COVID-19 pandemic, YWCA Cortland will need to alter programming at times to comply with guidelines as they evolve, and to ensure the health and safety of our staff and the families that we serve.***

**YWCA IS ON A MISSION**