

More than a new WEIGHT ROOM!

Since 1844 . . . Kids are building self-esteem. Families are getting stronger. And friends are building relationships!

NEW HEALTH & WELLNESS CENTER NOW OPEN!

Check it out! Fitness has never felt so good! Our new center is state-of-the-art and all designed to help you meet your goals; more cardio, new strength machines, larger stretching area, new multi-station ADA machine. State-of-the-art equipment along with our amazing fitness staff. . . You are going to love it!



STRONG KIDS

- **Teen Strength**

Learn to lift safely and effectively

- **Playcare**

Safe and fun child care while you work out

STRONG FAMILIES

- **Family Friendly Facility**

Family rates, programs and changing areas

- **Feel great, feel strong, play often!**

Caring, honesty, respect, responsibility, and FUN!

STRONG COMMUNITIES

- **Adaptable, accessible equipment**

Pool lift, multi-station weight machine . . .

- **Community-wide child care centers K-5**

Care when you need it

- **Activities & programs for all**

Finding your strengths, meeting your goals, supporting and being supported



COME IN FOR YOUR COUPON UP TO

100% OFF

JOINING FEE

Coupons range from 50% to 100% off Joining Fee. Regular membership rates apply. Offer ends October 15, 2003.

GUEST PASS

Come see our new **Health & Wellness Center** and enjoy the YMCA for a day, on us!

Guest name: _____

Phone# _____ Date: _____

EUGENE FAMILY YMCA
686-9622 • 2055 PATTERSON

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It's where your family belongs!