

HOURS

FITNESS FACILITY

MONDAY-THURSDAY
5:30AM-9:00PM

FRIDAY
5:30AM-8:00PM

SATURDAY
8:00AM-7:00PM

SUNDAY
10:00AM-3:30PM

SWIM CENTER

902 SOUTHWOOD DR.
SAN LUIS OBISPO, CA 93401
805.781.7288

LAP SWIMMING

MONDAY-FRIDAY
6:00AM-8:00AM
5:30PM-7:00PM

MONDAY-SUNDAY
11:30AM-1:30PM

SATURDAY
6:30AM-8:00AM

*see class schedule for more
information

KIDS' GYM

MONDAY-FRIDAY
8:00AM-11:00AM
MONDAY-THURSDAY
5:00PM-7:30PM
SATURDAY
11:30AM-2:00PM



San Luis Obispo County YMCA
1020 Southwood Dr.
San Luis Obispo, CA 93401
P 805 543 8235

www.sloymca.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BETTER TOGETHER

FITNESS MEMBERSHIP
SLO COUNTY YMCA



www.sloymca.org
805.543.8235

YMCA MISSION:

To develop the total person, mind, and body through values-based programs that build strong kids, strong families, strong communities.

Membership Benefits

- Group Fitness Classes
- Free Gym Orientation when you sign up!
- Free Kids' Gym with a Y Family Membership
- Membership Pricing on Personal Training and Massage Packages
- Indoor Half-Court Basketball Gym
- Racquetball and Handball Courts
- Access to the SLO Swim Center
- Free Weights and Strength Machines
- Cardiovascular Equipment
- Dry-Heat Sauna
- Day-Use Lockers



facebook.com/sloymca

MEMBERSHIP

Type	Joining	Monthly
TEEN (13-17)	\$15	\$22
YOUNG ADULT	\$40	\$39
ADULT (25-64)	\$50	\$42
SENIOR	\$40	\$39
SINGLE FAMILY	\$60	\$53
SENIOR FAMILY	\$70	\$61
FAMILY	\$80	\$66

PUNCH CARD

- 10 Visit Punch Card \$100

*Not all programs are offered with the purchase of a punch card. See members services for details.

KIDS' GYM

- Family Memberships FREE!

*Hours for Kids' Gym located on back.

Financial Assistance is available to individuals & families seeking to participate in YMCA programs. Applications are available at the Membership Services Counter.

www.sloymca.org

Personal Training

One-on-one instruction with a certified personal trainer who will design an individual program structured just for you! Programs may include cardiovascular training, strength machines, free-weight training, balance, and stability, core training, sports training, functional fitness, and basic nutritional counseling. Contact the Member Services Counter for more information!



Helping You Live Better

Massage Therapy

Massage has healing elements that boost the immune system, improve circulation, concentration, energy, self-esteem and can contribute to a good night's sleep. Massage can impact your ability to cope with ever day responsibilities, stressors in your life and assist you emotionally, physically and spiritually. Contact the Member Services Counter for more information!



@sloymca