



Mission Valley / Toby Wells / Hazard Center

December 8th & December 10th

Save

TWO DAYS ONLY

No Joiner's Fee Special

Save \$100-\$150!





Reduce Stress...

Save \$100-\$150* For Two Days Only

No Joiner's Fees! December 8th & December 10th

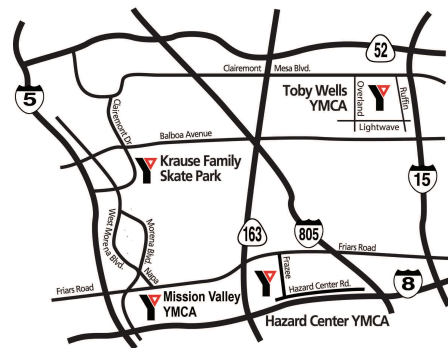
**Membership Plus! excluded; monthly fees still apply.*



Benefits Of Mission Valley YMCA Membership Include:

- Use of Friars Road (MV), Toby Wells (TW), Hazard Center (HC) & Downtown YMCA facilities.
- Free babysitting at *Kid's Place* while you work out. (MV, TW)
- Updated Fitness Centers w/ 30-min. Circuit Training & free workout tracking. (MV/TW/HC)
- Personalized TV's on all cardio machines at each facility.
- 300+ Mind/Body (*yoga, pilates, etc*) & Group Exercise classes weekly for all fitness levels.
- Free *YPersonal Fitness* 12-week exercise support program.
- Two indoor swimming pools (MV, TW), one outdoor pool (MV), spas (MV, TW), waterslide. (TW)
- Gymnasiums (MV, TW), state-of-the-art Gymnastics Center. (TW)
- Aquatic Fitness, swim lessons, open lap swim, *Arthritis Foundation* program. (MV/TW/HC)
- Indoor-style soccer arenas (MV, TW), Skate & Bike Park.

MISSION VALLEY YMCA
IT'S FOR EVERYBODY
 5505 Friars Road San Diego, CA 92110
 (619) 298-3576 www.missionvalley.ymca.org



Non-Profit Org.
 U.S. Postage
 PAID
 San Diego, CA
 Permit No. 778



For More Information: www.missionvalley.ymca.org

Toby Wells YMCA
 5105 Overland Avenue
 San Diego, CA 92123
 (858) 496-9622

Hazard Center YMCA
 7610 Hazard Center Dr., #101
 San Diego, CA 92108
 (619) 298-3576

Downtown YMCA
 500 W. Broadway, Suite B
 San Diego, CA 92101
 (619) 232-7451