



LIVE HEALTHY LIVE HAPPY

- Indoor Walking Track
- Wellness Cardio Floor
- Weight Room
- Group Fitness Classes
- Pilates Reformers
- Personal Training
- Swimming Pool
- + MORE!

JOIN TODAY!



No Joiner's Fee
in September!

**PLUS - 5 new members will win 1 FREE
month of Hydro/Cryo Therapy!**



LAUNCHING IN OCTOBER
Hydro/Cryo Recovery Room

CryoLounge+

HYDRO
MASSAGE.

Stop by for a tour today!

NORFOLK FAMILY YMCA
301 W Benjamin Ave.
402-371-9770 norfolkymca.org