

Help build the new YCRR Community Fitness & Wellness Center!

For yourself or for a gift... when you purchase an annual membership at the current YCRR Fitness & Wellness Center, at 463 North Main Street, **you have made a commitment for improved health and wellness!** You are also supporting the construction of the brand new, YCRR Community Fitness & Wellness Center.

Your purchase of an annual membership of \$250.00 (or any other available membership option) will help build the new YCRR Fitness & Wellness Community Center NOW and your renewed membership will help to support the Community Fitness & Wellness Center for the future!

Phase One: In Progress

- A new field is complete and is in use
- The parking area has been extended
- We have purchased a 20 foot Concession trailer to serve delicious and healthy food to our community in the future
- The YCRR Community Fitness & Wellness Center plans are designed with a brand new, much larger, state of the art Fitness and Wellness Center, the YCRR office, and restrooms with showers and lockers, all on one level.

Phase Two: YCRR Field House & Gymnasium

Phase Three: YCRR Community Swimming Pool

With a growing awareness of Health and Fitness in our country, it is time to get moving and get healthy. Please see the reverse side of this page for fitness center information.

With a renewed enthusiasm for the Community Center project, it is the perfect time to buy a membership and support your community!!!

I would like to purchase a membership for: _____

Address: _____

Phone: _____ Email: _____

____ 1yr @ \$250.00 ____ 6 months @ \$ 140.00 ____ 1 month @ \$ 25.00 ____ Family @ \$ 575.00/yr

____ I understand I need to fill out necessary paperwork.

____ I do not wish to work out at this time but I would like to be a member to support the Community Center and receive information and updates.

Please make checks payable to: YCRR, P.O. Box 392, Penn Yan, NY 14527



Yates Cultural & Recreational Resources

Community Fitness & Wellness Center

463 N. Main St, Penn Yan, NY 14527 315-694-1071
Open 7 Days a Week

Hours of Operation:

Monday – Thursday 5AM – 9PM Friday 5AM - 7PM
Saturday 5AM – 4PM Sunday 6AM – 4PM
(Hours are subject to change without notice)

Professional fitness trainers & Boot Camps available!

Rates:

YCRR offers Silver Sneakers/Prime and Silver & Fit and Active & Fit insurance programs through participating insurance companies. Please check with your insurance carrier today!

Also, FREE memberships available for volunteering!
(All rates are subject to change without notice)

Singles: One Day \$5 One Week \$15 One Month \$25
Six Months \$140 One Year \$250

Couples: One Month \$45 Six Months \$250 One Year \$395

Family: One Month \$65 Six Months \$350 One Year \$575
(Family of 4 included, additional charge per member over 4 members)

Corporate Rates Available upon request!

Cardio Equipment: Life Fitness - treadmills, steppers and a recumbent bike
Octane - standing and seated elliptical machines

Strength Conditioning: Paramount - chest press, shoulder press, triceps
pushdown, leg press and toe rise, leg extension, and leg curl
Smith Machine (2200 lbs) Free Weights
Benches - incline, decline & flat
Life Fitness roman chairs
4 stack multi position gym

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