3 Steps to lifestyle change...
With Your FREE 2 Day Membership

Y: active

Step 1

Print off this voucher or save to your mobile - you will be asked to show this to a reception team member on arrival at your chosen YMCA.

## Step 2

Check out Y:Active timetables and centre opening times via www.ymcayactive.org

## Step 3

Choose your activities, days and times that suit you and come along. If you wish to try a fitness class or play racquet sports pre-booking is essential so please contact your chosen centre via www.ymcayactive.org/contact











