

Valued Allentown branch member,

As we look ahead to 2025, we do so with a deep sense of gratitude to you, our members and Y family. Thank you for your membership, and encouragement as we continue to create unparalleled member experiences for you.

We stand proudly behind our mission as a **charitable, nonprofit organization committed to strengthening our communities through membership and programs that foster youth development, healthy living and social responsibility for all.** We sincerely thank you, our members, for standing behind us.

We know that participation in regular physical activity is proven to boost the immune system, reduce stress and elevate a positive mood. And, achieving and maintaining your well-being in a clean, functioning and supportive environment matters to you. With this in mind, River Crossing YMCA continues to invest in your health.

In honoring a value-added membership experience, we promise to continue to deliver quality service, value and communication. **The value of your membership remains evident through:**

Capital investment and reinvestment - all new and all for you!

- Regularly scheduled deep cleaning of the facilities and beautifications of outdoor grounds

New and continued membership, programs, and health and wellness services:

- Access to all YMCA facilities locally and nationwide
- Monthly member appreciation events
- Monthly free, fun family Fridays for Family members
- A robust offering of high-quality programs at reduced fees
- Stay & Play babysitting services, providing care and engagement to little ones as parents and caregivers enjoy our amenities
- Parents Night Out babysitting events
- Complimentary coffee
- Five free guest passes per year
- **Coming soon!** There's an app for that! YMCA universal smartphone app with everything Y in one place.
- 10 LIVE **group exercise classes** per week for all fitness levels
- At home wellness - bring the Y to YOU! **Y Wellness 24/7 virtual platform** provides access to over 75 live classes weekly led by Y instructors, over 10,500 Y-specific on demand classes, new homepage navigation to help find your Y classes and favorite

instructors quicker, and exciting new playlists including Primed for Pickleball, Athlete Academy for athletes of all ages, Nutrition for a Healthy Heart, Healthy Bytes Nutrition, Take 5 Quick Stretches and Meditation and more!

- **Wellness initiatives and challenges** offered six times throughout the year to keep you accountable, motivated and connected!
- **Fitness Equipment Orientations** of the Wellness Center reviews how to operate, adjust and safely use the machines available to you in your Wellness Center. Equipment Orientations also review everything you need to know when utilizing the Wellness Centers and give you a familiar face to have someone you can go to for help if you need it!
- **Fitness Consultations** available once every 90 days with your membership. Gain knowledge guidance from a fitness professional to ensure you are working towards your goals.
- **Special Group Exercise Events** FREE with membership are back and run throughout the year to keep you connected and moving! Events include ZUMBATHONS, Halloween Spooky Circuit Parties, Turney Burn Workouts and more!
- **Nutrition** specific programming has been added to further enhance our members wellness experience including live workshops in the branch as well as a full library of nutrition specific content on Y Wellness 24/7.
- Variety of Pathway programs such as Veterans Wellness
- Monthly Lunch-N-Learns partnering with local community agencies

Membership fees are 100% dedicated to operating our facilities and programs, and we are committed to providing exceptional value for your fees. Like most organizations, we are facing uncontrollable increases in costs such as utilities, fuel and services. Most pressing is the critical need to invest in the recruitment and professional development of dedicated staff teams. Our staff pour their hearts into the Y, and are an integral part of our high-quality programs and services.

To this, membership rates will increase slightly with the January 2025 membership draft. See below:

Membership Type	Monthly
Fitness Express Adult (ages 16+)	\$28
Fitness Express Adult Plus (ages 16+)	\$52
Fitness Express Couple (ages 16+)	\$45
Fitness Express Couple Plus (ages 16+)	\$67

Your membership means so much to us, and we cannot strengthen the spirit of community without you. As always, if you are experiencing financial hardship, please [click here](#) to be connected to our financial assistance program.

On behalf of River Crossing YMCA staff, board and volunteers, we wish you the happiest and healthiest holiday season! Together, we can continue to make our communities a better, safer and healthier place for all. I remain here for you for any questions regarding your membership. Please contact me at cmesser@ymcarivercrossing.org.

Here for you,

Crystal Messer
Vice President of Operations