

Valued Quakertown 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!**
 - A new dehumidification system to maintain proper heat and humidity control in the aquatics center
- Monthly member appreciation events
- Monthly free, fun family Fridays for Family members
- Parents Night Out babysitting events
- Five free guest passes per year
- \$10 Y Bucks on your birthday and more
- Complimentary coffee
- A robust offering of high quality programs at reduced fees
- We have an app for that! YBHC phone app - Everything you need conveniently found in one place.
- Time to Shine weeks included deep cleaning of the pools, facilities and beautification of outdoor grounds.

A commitment to helping you meet your health and wellness goals with:

- **50 LIVE group exercise classes per week**
- We continue to hire talented and nurturing instructors to meet your needs, but also assess our **Group Exercise classes** being offered, adding new and exciting class formats to the schedule including Power Waves, Aqua Barre, HIIT Revolution, Interval Inferno and more!
- **Unique to Quakertown - Y Circuit Training Room.** Complete with multiple circuits for lower body, upper body, core and total body with over 15 machines; plus, motivating signage and easy to follow instructions so individuals can build their own workout depending on their training goals.
- **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! Register in Mindbody.
- **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!
- 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!
- **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.
- **Myzone Tribe** for greater community through connections with other YMCA Myzone users, accountability for staying consistent, and motivation to keep you moving, whether at the Y or at home through the Myzone app. New Heart Rate Training group exercise classes have been added to the group exercise schedule to further enhance the Myzone experience.

- Myzone Switch belts are available for a member price of only \$90! Retail at \$159.
- Learn the true makeup of your body with an **InBody Body Composition Wellness Scan**. An Inbody scan and/or Fitness Consultation is available once every 90 days with your membership. Gain knowledgeable guidance from a fitness professional to ensure you are working towards your goals.
- **Y Wellness My Way - Let's Get Started** is a FREE personalized, four week wellness program that helps to keep you accountable while connecting you with others. With the support of fitness professionals, you will learn how to set and reach your goals.
- Wellness initiatives and challenges offered six times throughout the year to keep you accountable, motivated and connected!

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
2 Adults	\$97
2 Active Older Adults	\$79
Ability	\$27
Adult	\$64
Active Older Adult	\$51
Family 1	\$89
Family 2	\$99
Teen	\$38
Young Adult	\$39
Youth	\$27
Youth 2 (Youth x 2)	\$54
Youth 3 (Youth x 3)	\$81

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 afox@ymcarivercrossing.org.

Here for you,

A handwritten signature in black ink that reads "Allyson S Fox". The signature is written in a cursive style with a large, stylized 'F'.

Allyson Fox

Senior Vice President of Operations, Upper Bucks Region