



Dear Valued Quakertown Branch Member,

As we look ahead to 2023, we do so with a deep sense of gratitude to you, our members and Y family. Together, this past year, we accomplished goals we could only have dreamed of in years past, providing more space and opportunity for care, health and wellness, and connection throughout our communities. We welcomed caring staff and members from across the river into our newly formed YMCA of Bucks and Hunterdon Counties, and cut the ribbon on the newly renovated branch in Fairless Hills. Thank you for your membership, partnership and encouragement.

We know that achieving and maintaining wellness in a clean, functioning and supportive environment matters to you. We also know that participation in regular physical activity is proven to boost the immune system, reduce stress and elevate a positive mood. With this in mind, YMCA of Bucks and Hunterdon Counties continues to invest in your health.

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### **A commitment to helping you meet your health & wellness goals with:**

- **43 LIVE [group exercise classes](#) per week**
- Y Circuit is available for solo use or class options run by a fitness professional for a group experience!
- Coming in December 2022, new free weight equipment including a Half Rack and Olympic Platform and bumper plates.
- Bring the Y to YOU! [Y Wellness 24/7 virtual platform](#) provides access to over 100 live classes weekly (from 50 YMCA instructors), over 7,000 videos, new homepage navigation (find your Y classes quicker) and create playlists of your favorite classes
- New, virtual group exercise studio powered by Y Wellness 24/7 to stream your favorite virtual classes conveniently from the Y!
- [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 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 are 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, 4-week program designed to support the adoption of healthy lifestyle choices and long lasting wellness through the creation of wellness SMART goals, relationships and connections through the Y!

- Wellness initiatives and challenges offered six times throughout the year to keep you accountable, motivated, and connected!

We are committed to providing great value for your membership fees which are 100% dedicated to operating our facilities and programs. YMCA of Bucks and Hunterdon Counties, like most organizations, faces uncontrollable increases in costs such as utilities, fuel, services, and general operations. Most pressing is the critical need to offer a competitive wage so we can recruit and attract high quality staff. Our staff pour their hearts into the Y, and without them, we cannot provide high quality programs and services.

**To this, membership rates will experience a slight increase with the January 2023 membership draft and are published below.** Although one cannot place a price tag on health, I remain here for you for any questions regarding your rate or membership. Please contact me at [afox@ymcabhc.org](mailto:afox@ymcabhc.org).

Quakertown branch	Monthly Draft
Youth (age 0-12)	\$22
Teen (age 13-18)	\$30
Young Adult (age 18-27)	\$30
Adult (age 28-64)	\$55
Two Adult (age 28-64)	\$84
Family 1 (one adult & dependents under age 17)	\$78
Family 2 (two adults & dependents under age 17)	\$88
Active Older Adult (age 65+)	\$43
Active Older Adults 2 (age 65+)	\$66
Ability	\$22

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 YMCA of Bucks and Hunterdon Counties 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.

Here for you,

Allyson Fox  
VP of Operations, Upper Bucks Region