



Dear Valued Member,

As we look ahead to 2024, we do so with a deep sense of gratitude to you, our members and Y family. Thank you for your membership, partnership and encouragement as we continue to create exceptional and unparalleled member experiences for you.

We stand behind our mission as a charitable, non profit organization committed to youth development, healthy living and social responsibility for all. We thank you for continuing to stand behind us. Serving you within a clean, functioning and supportive environment matters greatly to us. With this in mind, YMCA of Bucks and Hunterdon Counties continues to invest in services for you to achieve and maintain a healthy lifestyle and spend quality time with family and friends. In honoring a value added membership experience, we promise to continue to deliver quality service and communication.

In 2024, our investment in more value for you is evident through:

- Recruitment, development and retention of **our dedicated staff**. This includes offering competitive wages and benefits, along with opportunities for skill development and career growth. YMCA professionals pour their hearts into the Y, and are the lifeblood of our high quality programs and services.
- **50 LIVE group exercise classes per week** at the Deer Path branch. Can't always find the time to come into the Y? Bring the Y to you through [Y Wellness 24/7](#) - our virtual wellness platform.
- **Free health and wellness initiatives, Inbody scan every 90 days**, our YMCA smartphone app, **free guest passes**, member appreciation days, Y bucks on your birthday and more!
- **Reduced program rates for members**, monthly free **Family Fun Fridays**, complimentary **Stay & Play** babysitting services, monthly Parents Night Out programs!
- **All new equipment:** Our Deer Path Wellness Center is transformed with a new layout allowing for more equipment and as well as the additional room for stretching and core located on the upstairs cardio floor.

Please see below for a comprehensive list of all facility updates, upgrades, innovations and renovations supported by membership fees.

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ymcabhc.org | 215-999-9622

To this, membership rates will increase with the January 2024 membership draft.

Deer Path Branch	Monthly Draft
Youth (age 0-12)	\$28
Teen (age 13-18)	\$55
Young Adult (age 18-27)	\$58
Adult (age 28-64)	\$81
Two Adult (age 28-64)	\$124
Family 1 (one adult & dependents under age 27)	\$111
Family 2 (two adults & dependents under age 27)	\$127
Active Older Adult (age 65+)	\$65
Two Active Older Adults (age 65+)	\$104

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.

Together, we will continue to make our communities a better, safer, and healthier place for all. Please contact me at kheimall@ymcabhc.org to ask any questions regarding your membership.

Here for you,
Kristin Heimall
VP of Operations, Hunterdon Region

The value of your membership remains evident through:

- Monthly member appreciation events
- Monthly free, fun family Fridays for Family members
- Five free guest passes annually.
- A robust offering of high quality programs
- Summer weekends at the crystal clear Camp Carr Pool
- Pickleball now included as a membership benefit.
- Stay & Play babysitting services
- Monthly parents night out babysitting events now available for children starting at 3 months old.
- Implementing new, staff internal emergency communication equipment; supporting swift emergency response for when you need us most
- \$10 on your birthday and more
- We have an app for that! YBHC phone app - Everything you need conveniently found in one place. Includes features such as:
 - "Find A Class" to access the group exercise class schedules

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- Member Challenges to keep you motivated and moving
- Digital Workouts where you can track your progress and access training plans
- A direct link to MindBody
- Opportunity to earn fun rewards for scanning in and tracking workouts
- Ability to sync your favorite wearable like your AppleWatch
- A direct link to our virtual platform Y Wellness 24/7

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

- **50 Live group exercise classes, weekly**
- **Group Exercise** classes that are included with membership continue to be incredibly popular with our members of all branches, where we not only continue to add more classes and hire talented and nurturing instructors to meet our members needs, but we also continue to assess our Group Exercise equipment across the association and reinvest wherever needed.
- **All new equipment:** Deer Path was completely transformed with a new layout allowing for more equipment and as well as the additional room for stretching and core located on the upstairs cardio floor. In addition to the 7 new True Treadmills, an additional 15 new pieces of cardio were added including 2 TRUE Palisade Climbers, Octane Ellipticals, TRUE upright and recumbent bikes, and 2 new Peloton spin bikes! New bumper plates, bars, plate loaded leg press, preacher curl, back hyperextension, calf raise and an all new hack squat outfit the free weight room! The Healthy Living Studio also received a transformation featuring an all new redesign that includes a new squat rack and suite of functional training tools inclusive of slam balls, medicine balls, kettlebells, and more!
- **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, MOSSA Launch Parties, Halloween Spooky Circuit Parties, Turkey Burn Workouts and more!
- **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.
- Bring the Y to YOU! **Y Wellness 24/7 virtual platform** provides access to over 80 live classes weekly (from 50 YMCA instructors), over 7,500 videos, new homepage navigation (find your Y classes quicker) and exciting new playlists

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including Primed for Pickleball, Athlete Academy for athletes of all ages, Nutrition for a Healthy Heart, and more!

- 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 over a four week period. Get ready to experience results!
- Wellness initiatives and challenges offered six times throughout the year to keep you accountable, motivated, and connected!
- Implementing new internal emergency communication safety systems across the region