



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 Quakertown 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!
- New **dehumidification system for our pool** coming in early 2024

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

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

**YMCA OF BUCKS AND HUNTERDON COUNTIES**

ymcabhc.org | 215-999-9622

Quakertown Branch	Monthly Draft
Youth (age 0-12)	\$24
Teen (age 13-18)	\$32
Young Adult (age 18-27)	\$32
Adult (age 28-64)	\$59
Two Adult (age 28-64)	\$90
Family 1 (one adult & dependents under age 27)	\$83
Family 2 (two adults & dependents under age 27)	\$94
Active Older Adult (age 65+)	\$46
Two Active Older Adults (age 65+)	\$71
Ability	\$24

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 [afox@ymcabhc.org](mailto:afox@ymcabhc.org) to ask any questions regarding your membership.

Here for you,  
 Allyson Fox  
 VP of Operations, Upper Bucks Region

### The value of your membership remains evident through:

- Monthly member appreciation events
- Monthly free, fun family Fridays for Family members
- Parents Night Out babysitting events
- Complimentary Coffee
- Five free guest passes per year
- \$10 Y Bucks on your birthday and more
- Stay & Play babysitting services continue to care for your little ones
- 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. Includes features such as:
  - "Find A Class" to access the group exercise class schedules
  - Member Challenges to keep you motivated and moving
  - Digital Workouts where you can track your progress and access training plans

### YMCA OF BUCKS AND HUNTERDON COUNTIES

- 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 per week**
- **Group Exercise** classes that are included with membership continue to be incredibly popular with our members of all branches, where 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:
  - **New** Barbells and plates, Silver Sneakers chairs, bands and balls, Pilates rings, and new hand weights and battle ropes in Y Circuit.
- **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, Les Mills Launch Parties, Halloween Spooky Circuit Parties, Turkey Burn Workouts and more!
- Y Circuit is available for solo use or has class options run by a fitness professional for a group experience!
- 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 80 live classes weekly (from 50 YMCA instructors), over 7,500 videos, new homepage navigation (find your Y classes quicker) and exciting new playlists including Primed for Pickleball, Athlete Academy for athletes of all ages, Nutrition for a Healthy Heart, and more!
- 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 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!