

YMCA NEWS



We regret to inform you that we must say goodbye to our air-assisted equipment. Its been over 15 years since we made that addition to our fitness department, but the time has come to update our wellness centre.



Please join us in embracing a new era, and use our newly furnished wellness centre. The Cybex equipment is great for all fitness levels, and easily adjustable. Weight can be increased by as little as 5 lbs.

Orientations are available with our fitness staff. Please stop by the Service Desk and book an appointment with one of our Customer Service Representatives.