



GET CONNECTED AT THE ALAMANCE COUNTY YMCA

The Alamance County YMCA is here to support you in reaching your goals by connecting you to resources. Get at least six staff initials from the Welcome Center on this connection card for a chance to win three free months of membership!

NAME:
PHONE:
EMAIL:

Schedule a FREE Fitness Orientation at the Welcome Center

Try a Group Exercise Class

Share your Y Story

Sign up for text/email updates from the YMCA!

Update your contact info and photo at the Welcome Center

Bring a Friend

Visit the YMCA three times

Ask the Welcome Center about how you can transform lives

Like us on Facebook and/or follow us on Instagram

HOW TO GET CONNECTED

SCHEDULE A FITNESS ORIENTATION

Visit the Welcome Center to sign up for a one-on-one consultation with a Wellness Coach to help you get started!

TRY A GROUP EXERCISE CLASS

Our Group Exercise schedule can be found at the Welcome Center and are included in your membership.

SHARE YOUR Y STORY

Complete a "Y Story" form at the Welcome Center to share how the YMCA has impacted your life!

SIGN UP FOR TEXT/EMAIL UPDATES FROM THE ALAMANCE COUNTY YMCA

Stop by the Welcome Center to opt in to email/text alerts for Facility Updates and Program Information!

UPDATE YOUR CONTACT INFO AND PHOTO AT THE WELCOME CENTER

Visit the Welcome Center to update your contact info and photo. This will help us better serve you!

BRING A FRIEND AS YOUR GUEST

Bring your friend to a group exercise class, the gym, or the wellness center!

VISIT THE YMCA THREE TIMES

Visit the Alamance County YMCA three times this month!

ASK US HOW YOU CAN TRANSFORM LIVES

Visit the Welcome Center to ask how you can transform lives. You'll learn more about how to get involved with the YMCA!

LIKE US ON FACEBOOK AND/OR FOLLOW US ON INSTAGRAM

Find us on Facebook and Instagram at @acymca and give us a follow!

