

Free Buddy Bundles!



Bring 3 of your buddies to any YMCA of Rowan County and sign up for 4 **FREE** 1-hour small group personal training sessions with certified trainers!

This is a value of up to \$1,440 and you get it **FREE!!**

Sign up for your Buddy Bundle in the fitness center!
4 people per bundle required.

Everybody in the group must be a current YMCA member.

Member-Get-A-Member—whenever you bring in a friend to join, you get a **free** month of membership! Just come with them to sign up for membership, ask for the Member-Get-A-Member form, and we'll skip your next bank draft!

Think about it—if you bring in 3 friends, you get 3 months **FREE!** That's up to \$195 **FREE!!**

