

NO JOINING FEE

October 1 - 31

YMCA of Rowan County

**Reduce STRESS and bring your family TOGETHER
at the YMCA. Join one branch and enjoy the
benefits of all.**



We have what you are looking for...

- Land Aerobics
- Water Aerobics
- Outdoor walking trails/
tracks
- Indoor walking tracks
- Gyms
- Free weight equipment
- Strength training
equipment
- Treadmills
- Elliptical cross trainers
- Bicycles
- Swimming pools
- Steam rooms
- Saunas
- Whirlpools
- Racquetball courts
- Climbing Wall
- Skate Park
- XR-Kade
- Outdoor Splash Pads
- Challenge Ropes Course
- Sports fields
- Playgrounds
- Nursery (while you
work out)
- Indoor Jungle Gym
- Personal trainers
- Wellness Connection
Nurse on site

J. F. Hurley Family YMCA
Salisbury
828 Jake Alexander Blvd West
704-636-0111

J. Fred Corriher Jr. YMCA
South Rowan
950 Kimball Road
704-857-7011

Saleeby-Fisher YMCA
East Rowan
790 Crescent Road
704-279-1742

www.rowanymca.org