



Summerville Family YMCA

Programs:

- 2 FREE personal training sessions per person
- FREE 6-week Coach Approach Program (perfect for beginners!)
- Aerobics classes
- Mind and body enrichment classes, such as Yoga and Pilates
- Spinning® classes
- Massage therapy sessions (both facilities)
- Personal training sessions*
- Health fairs and health screenings*
- Teen Fitness Orientations

*Additional charges apply

140 S. Cedar St. * Summerville, SC 29483
843-871-YMCA (9622) * fax: 843-821-3127 * summervilleyymca.org

We build strong kids, strong families, strong communities

The YMCA mission is to be a community cornerstone that puts Christian principles into practice through programs that build healthy spirit, mind and body for all