



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MORE THAN A GYM AND POOL, IT'S COMMUNITY

## California State Employee Special YMCA OF SUPERIOR CALIFORNIA



We understand how difficult it can be to find balance in your life - we want to help. The YMCA has a wide variety of classes and fitness equipment to meet your fitness needs. When you join the Y, you belong to a community of all ages who strive every day to be healthy, confident and connected. The Y is a non-profit like no other dedicated to building communities in Spirit, Mind and Body.

**California State Employees will pay No Joining Fee for any individual or family memberships at any of our three Y locations! That's a savings of up to \$100 with a Family 2 Membership!**

### Sacramento Central YMCA

2021 W Street  
Sacramento, CA 95818  
916.452.9622

- 70+ Weekly Group Fit Classes
- Indoor, Heated Pool
- Cardio, Weight Room, & TRX
- Indoor Basketball Gym
- Youth & Adult Sports
- Free Fitness Coaching Session
- Free Child Watch

### Woodland YMCA Fitness Center

2001 East Street  
Woodland, CA 95776  
530.666.9623

- 30+ Weekly Group Classes
- Indoor Basketball Court
- Cardio & Strength Rooms

### Oroville YMCA

1684 Robinson Street  
Oroville, CA 95965  
530.533.9622

- 30+ Weekly Group Classes
- Outdoor Heated Pool
- Cardio & Weight Rooms

**No Contracts or Cancellation Fees... EVER!**

**Take Your Membership on the Road With You: YMCA Has Nationwide Membership!**

**YMCA of SUPERIOR CALIFORNIA**

1926 V St., Sacramento, CA 95818 · 916.452.9622

[ymcasuperiorcal.org](http://ymcasuperiorcal.org)