



DOWNTOWN YMCA

HISTORIC MAYO BUILDING

BE A PART OF TULSA'S URBAN RENEWAL: JOIN THE DOWNTOWN YMCA NOW AND GET GREAT GEAR!

Great Classes & Awesome Amenities



Cardio & Strength Training
Yoga Stretch & Advanced Yoga
Pilates & Personal Training
Boot Camp & Cycling
Nutrition 101
Co-ed Whirlpool & Dry Saunas
New Fitness Equipment
Fantastic Locker Rooms

It's Time to Get Your Great Gear

- ALL new members get a vintage t-shirt & towel.
- Join in November or December and get your first month free.
- Keep up your membership and get great gear in January 2010.

Membership For All

Your membership is based on your household income to give you and your family the best rate possible!
• Members have full access to all of our YMCA of Greater Tulsa branches.

Visit our website for details:
www.ymcatulsa.org

Branches Include

• Dickenson Family YMCA, Downtown YMCA, Hutcherson Family YMCA, Owasso Family YMCA, South Neighborhood YMCA, Thornton Family YMCA, Westside YMCA and Camp Takatoka

New Downtown Branch Opening in the Historic Mayo Building!

New Equipment and new facilities! We're excited to announce our move to the Historic Mayo Building at 418 Main Street in just a few months. But why wait until then to improve your health and well-being? Join the YMCA today and your membership carries over when we move!

DOWNTOWN YMCA | 515 S. Denver Ave., Tulsa, OK 74103|(918)583-9622 | www.ymcatulsa.org

MISSION To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

