



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FIND WHAT MOVES YOU. FIND YOUR Y.

YMCA membership for Avis Budget Group Employees

The Y is not just a place to get healthier—it's a hub where health meets happiness. At the Y, your journey to fitness isn't just about you—it's about us, together. Our wide range of programs and activities cater to every interest and fitness level, ensuring that everyone finds their perfect fit.

Avis Budget Group Employees save at the Y

Individual: \$23/month, save \$40/month

Adult Plus One: \$38/month, save \$40/month

Family: \$53/month, save \$40/month

Plus a \$0 joining fee-- a savings of up to \$100!

Contact Julie Crowley at jcrowley@ymcashr.org to learn more!



FIND WHAT MOVES YOU!

Your YMCA of South Hampton Roads membership includes:

- Free Wi-Fi
- Top-notch Cardio equipment replaced and upgraded regularly
- Two free complimentary Personal Training sessions with instruction on cardio and strength equipment
- Group Exercise classes such as Zumba®, Tabata, HIIT, Strength Train Together, and Group Cycling classes
- 30-minute class options
- Mind/Body classes including Yoga, Pilates, and Barre
- Complimentary drop-in Child Care while you work out (included with adult+1 & family membership)
- Indoor and Outdoor Aquatic Centers with spray parks including slides and pool toys for open swim, laps, water exercise and family fun
- Teen Centers and clubs
- Family and Active Aging programs
- Sports like racquetball, basketball, soccer, pickleball, and more (including outdoor racquetball)
- LIVESTRONG® at the YMCA, a physical activity and well-being program for cancer survivors. Free to participants.
- Member discounts on programs like child care, swim lessons, sports leagues and day camp
- Member discount on First Tee—Hampton Roads membership and golf camp sessions
- Member discount on YMCA Camp Silver Beach summer overnight or sleep-away camp
- Access to Virtual Y, work out from literally anywhere
- Nationwide access to thousands of Ys across the country
- 24-hour access available at 18 locations
- Free Coffee in the lobby

Membership gives you unlimited access to all 21 locations.

CHESAPEAKE

Great Bridge/Hickory Family YMCA
633 S. Battlefield Blvd. P (757) 546-9622

Greenbrier Family YMCA
1033 Greenbrier Pkwy. P (757) 547-9622

Greenbrier North YMCA Wellness &
Racquetball Center
2100 Old Greenbrier Rd. P (757) 366-9622

Taylor Bend Family YMCA
4626 Taylor Rd. P (757) 638-9622

YMCA at Edinburgh
1933 Edwin Drive, Suite 101
P (757) 204-7320

EASTERN SHORE

Eastern Shore Family YMCA
26164 Lankford Hwy., Onley
P (757) 787-5601

Northampton County YMCA
22257 Parsons Circle, Cape Charles
P (757) 331-1201

FRANKLIN

James L. Camp, Jr. Family YMCA
300 Crescent Dr. P (757) 562-3491

NORFOLK

Blocker Norfolk Family YMCA
312 West Bute St. P (757) 622-9622

YMCA on Granby
2901 Granby Street P (757) 965-2322

NORTH CAROLINA

Albemarle Family YMCA
1240 N. Road St., Elizabeth City
P (252) 334-9622

Currituck Family YMCA
130 Community Way, Barco
P (252) 453-9632

Outer Banks Family YMCA
3000 South Croatan Hwy., Nags Head
P (252) 449-8897

PORTSMOUTH

Effingham Street Family YMCA
1013 Effingham St. P (757) 399-5511

YMCA of Portsmouth
4900 High Street West P (757) 483-9622

SOUTH BOSTON

YMCA of South Boston/Halifax County
650 Hamilton Blvd. P (434) 572-8909

SUFFOLK

Suffolk Family YMCA
2769 Godwin Blvd. P (757) 934-9622

VIRGINIA BEACH

Hilltop Family YMCA
1536 Laskin Rd. P (757) 422-3805

Indian River Family YMCA
5660 Indian River Rd. P (757) 366-0488

Mt. Trashmore Family YMCA
4441 South Blvd. P (757) 456-9622

Princess Anne Family YMCA
2121 Landstown Rd. P (757) 410-9557

ADDITIONAL LOCATIONS

Salem YMCA Family Center
First Tee—Hampton Roads
YMCA Camp Arrowhead
YMCA Camp Red Feather
YMCA Camp Silver Beach
YMCA at JT's Camp Grom

For a better us.®

YMCA OF SOUTH HAMPTON ROADS