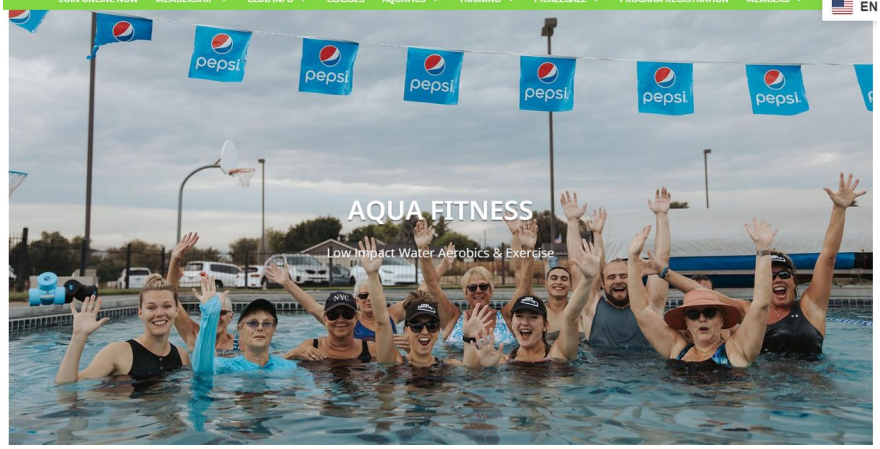

WATER EXCERCISE CLASSES

Get fit and have fun with low-impact Aqua Aerobics. All Aqua Fitness Classes are free with your membership.
Pool Only Memberships are available HERE Use promo code: pool

Aqua Stride and Strength: Monday, Wednesday & Friday 9:15 AM - 10:00 AM
A low impact, 45-minute class using all water walking movements to achieve a mild cardio workout. Equipment may be used for a short time to increase strength. This class has a strength based focus. A short abdominal strengthening and stretching section will balance this workout.

WaterWalking & Mobilization: Mondays 10:00 AM - 10:45 AM
This is an excellent mobilization and resistance training option. This class is designed for the participant to move through out the entire pool in different patterns that balance the body. The movements will strengthen and tone muscle groups in a gentle non load bearing aquatic atmosphere. Participants will have options to start slowly and gradually increase intensity.

Aqua Power: Tuesdays 9:15 AM - 10:00 AM
Our most active and challenging water fitness class! This 40 minute class is geared towards participants with a high level of fitness in mind. A longer, moderate to high intensity cardio session followed by a challenging abdominal and strength training routine. Come ready to work out! (Who said water class was easy?!)

Aqua Abs, Arms & Toning: Tuesdays 10:00 AM - 10:30 AM
This 30-minute class focuses on increasing endurance and strength of the core and arm muscles. Each class will have a bonus toning segment that will vary week to week. It is not a high impact class but it is highly intensive for those muscle groups. All fitness levels can benefit from these moves using the power of the water, buoyancy, and strength equipment.

Aqua Fit Circuit: Thursdays 9:15 AM - 10:00 AM
A new format for 2024. This class has a jogging circuit that will be introduced each class
and training movements that help support and reinforce jogging in water. With the
reduced gravity you can aqua jog with less impact. Resistance provides the extra cardiovascular challenge running against the water current. A circuit style will incorporate extra training in each class.

Water Aerobics: Friday 10:00 AM - 10:45 AM, Saturday 9:15 AM - 9:45 AM
A 45-minute class combining low, moderate, and high level exercises and equipment to improve your cardiovascular system, muscular strength, core stability, and flexibility.

Aqua Muscle: Wednesday 6:00 PM - 6:45 PM
A weight room style class with focus given to muscular endurance with mild cardio intervals. This class is designed to target individual muscles within the full body. Use the water to gain Muscle!

POOL SCHEDULE

Pool Schedule

July 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Satur
	1 9:15 - 10:45am Aqua Fitness	2 9:15 - 10:30am Aqua Fitness 2:30-3:30pm Lifeguard Swim	3 9:15 - 10:00am Aqua Fitness 6:00 - 6:45pm Aqua Muscle	4 9:15 - 10:00am Aqua Fitness 2:30-3:30pm Lifeguard Swim	5 9:15 - 10:45am Aqua Fitness	6 9:00-9: Areobi 1:30-3:30pm Swi
7 1:30-3:30pm Lifeguard Swim	8 9:15 - 10:45am Aqua Fitness 12:00-2:00pm Swim Lessons 5:30-6:00pm PIC	9 9:15 - 10:30am Aqua Fitness 12:00-2:00pm Swim Lessons 2:30-3:30pm Lifeguard Swim 5:00-7:00 Swim Lessons	10 9:15 - 10:00am Aqua Fitness 12:00-2:00pm Swim Lessons 5:30-6:00pm PIC 6:00 - 6:45pm Aqua Muscle	11 9:15 - 10:00am Aqua Fitness 12:00-2:00pm Swim Lessons 2:30-3:30pm Lifeguard Swim 5:00-7:00 Swim Lessons	12 9:15 - 10:45am Aqua Fitness	13 9:00-9: Areobi 1:30-3:30pm Swi
14 1:30-3:30pm Lifeguard Swim	15 9:15 - 10:45am Aqua Fitness 12:00-2:00pm Swim Lessons 5:30-6:00pm PIC	16 9:15 - 10:30am Aqua Fitness 12:00-2:00pm Swim Lessons 2:30-3:30pm Lifeguard Swim 5:00-7:00 Swim Lessons	17 9:15 - 10:00am Aqua Fitness 12:00-2:00pm Swim Lessons 5:30-6:00pm PIC 6:00 - 6:45pm Aqua Muscle	18 9:15 - 10:00am Aqua Fitness 12:00-2:00pm Swim Lessons 2:30-3:30pm Lifeguard Swim 5:00-7:00 Swim Lessons	19 9:15 - 10:45am Aqua Fitness	20 9:00-9: Areobi 1:30-3:30pm Swi
21 1:30-3:30pm Lifeguard Swim	22 9:15 - 10:45am Aqua Fitness 12:00-2:00pm Swim Lessons 5:00-6:00pm PIC	23 9:15 - 10:30am Aqua Fitness 12:00-2:00pm Swim Lessons 2:30-3:30pm Lifeguard Swim 5:00-7:00 Swim Lessons	24 9:15 - 10:00am Aqua Fitness 12:00-2:00pm Swim Lessons 5:00-6:00pm PIC 6:00 - 6:45pm Aqua Muscle	25 9:15 - 10:00am Aqua Fitness 12:00-2:00pm Swim Lessons 2:30-3:30pm Lifeguard Swim 5:00-7:00 Swim Lessons	26 9:15 - 10:45am Aqua Fitness	27 9:00-9: Areobi 1:30-3:30pm Swi
28 1:30-3:30pm Lifeguard Swim	29 9:15 - 10:45am Aqua Fitness 12:00-2:00pm Swim Lessons 5:30-6:00pm PIC	30 9:15 - 10:30am Aqua Fitness 12:00-2:00pm Swim Lessons 2:30-3:30pm Lifeguard Swim 5:00-7:00 Swim Lessons	31 9:15 - 10:00am Aqua Fitness 12:00-2:00pm Swim Lessons 5:00-6:00pm PIC 6:00 - 6:45pm Aqua Muscle			
		Important Reminders: Purple = Rentals Green = Swim Lessons Blue = Aqua Fitness				

Copy of Apr24 | Jun24 | May24 | Apr24 | Mar24 | Feb24 | Jan24 | Dec23 | Nov23 | Oct23 | Sep23 | Aug23 | Jul23 | Jun23 | ⊕

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ABOUT US

Yakima Athletic Club is the premier health and fitness facility in Yakima, Washington. We are DRIVEN to make fitness and better health fun and part of everyone's life. It's all about results, and we are there every step of the way to make that happen. We will provide the help and support our members need to live the best life they can.

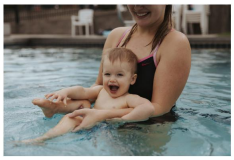
LEARN MORE ABOUT US

WHAT'S NEW AT THE YAC

YOUTH SWIM LESSONS

At the Yakima Athletic Club, we have swim lessons for all ages. Parent/Child, PreSchool, Level 1-5 and Competitive Stroke. Browse upcoming sessions and register online today!

SEE YOUTH SWIM LESSONS



GROUP FITNESS

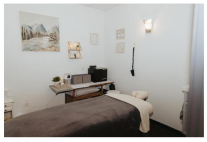
Want to meet new people and experience an exhilarating workout? Then our Group Fitness programs are just for you! Check out our variety of programs for every age and fitness level like Weight Training, Cardo, Spin Classes, Les Mills, Zumba, and more. We're sure to have a class for you! Over 25 weekly classes with live instructors for our members at the Yakima Athletic Club.

SEE THE SCHEDULES

YAC RETREAT RENTAL SPACE AVAILABLE

If you are looking for the perfect rental space in Yakima for your Health & Wellness business, look no further than the YAC Retreat with rooms for rent below the Yakima Athletic Club. A shared reception desk will greet your customers and your own private room is available for rent.

LEARN MORE



NEW - INBODY COMPOSITION ANALYZER

1) Knowledge is power - Get fresh insights into your health that will motivate you to create realistic, trackable fitness & wellness goals that we can help you with!
2) Monitor Vital Data Noninvasively - Keep an eye on muscle mass, visceral fat levels, inflammation, and more—without having to use invasive or uncomfortable equipment.
3) A holistic way to track your progress, increasing your understanding of how your body is changing.
4) Biometric health data that demonstrates the difference your exercise, nutrition, or treatment plan is making.
5) Access to a Full-Service App

REQUEST YOUR SCAN TODAY - EMAIL
FITNESS@YAKIMAATHLETIC.COM

LEARN MORE

PICKLEBALL IN YAKIMA

Our pickleball program continues to grow every season! We offer open play, intro to pickleball, beginner & advanced lessons, drills & skills, round robins and much more! Become a YAC Pickler to have court access to our 9 outdoor pickleball courts at the Yakima Athletic Club.

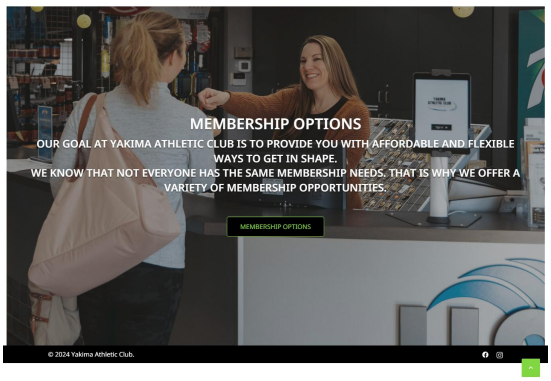
YAC PICKLERS CLUB

SEE OUR PICKLEBALL SCHEDULE

AQUATICS

Yakima Athletic Club has an array of aquatic classes and programs for children and adults. Swim Lessons, Lifeguard Swim, Aqua Aerobics, Water Walking, Masters & Adult Swim Lessons and more!

GET INFORMATION



MEMBERSHIP OPTIONS

OUR GOAL AT YAKIMA ATHLETIC CLUB IS TO PROVIDE YOU WITH AFFORDABLE AND FLEXIBLE WAYS TO GET IN SHAPE.
WE KNOW THAT NOT EVERYONE HAS THE SAME MEMBERSHIP NEEDS. THAT IS WHY WE OFFER A VARIETY OF MEMBERSHIP OPPORTUNITIES.

MEMBERSHIP OPTIONS

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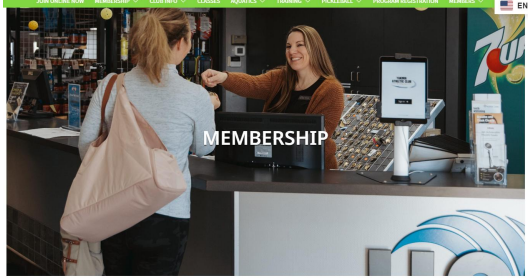

MEMBERSHIP

Membership at the Yakima Athletic Club includes unlimited use of Yakima Athletic Club AND all group fitness and aqua fitness classes. All members on the account must live in the same household and show proof of residency.

ACTIVATION FEE

$59 Single • $99 household (couple or family membership) (1-year agreement)

Once the initial 12-month commitment is fulfilled your membership will convert to a month-to-month membership automatically.

$159 Single • $199 household (couple or family membership) (Month to Month agreement)

Month-to-month membership can be canceled at any time with a 30-day notice.

SEE CURRENT SPECIALS

MEMBERSHIP OPTIONS

BASIC MEMBERSHIP

Includes full access to the Yakima Athletic Club, all of our Group Fitness Classes, Aqua Fitness Classes, Virtual Studio with Classes on Demand, Pool, Sauna, Steam Room, and Locker room access. Access to our indoor and outdoor courts are also included when available. Please see the calendars on our App or speak to the welcome desk about court reservations. Our rate of $74 per month. JOIN NOW

Single Membership: $74/month
First Additional Household Member: $50/month (add-on)
Additional child 18 years old and under: $15/month (add-on)
Additional child 19-24 years old: $48/month (add-on)

CORPORATE MEMBERSHIP

Qualified Corporate Employees will pay a monthly rate ranging from $55 – $65 depending on their corporate plan. Access listed above as well as our corporate members may be eligible for additional discounts on programming. See Corporate Information for more details.

SENIOR MEMBERSHIP

Individuals 65 and over are allowed full access to the facility. Qualifiers will receive ⅓ off the joining fee and reduced monthly dues of $60 per month.

YOUNG PROFESSIONAL MEMBERSHIP

For ages 25-34 years old. 12-month contract. Reduced monthly dues of $69* per month for the primary member. JOIN NOW

YOUNG ADULT MEMBERSHIP

For ages 16-24 years old. 12-month contract. Under 18 will need a parent or guardian to activate the account. Reduced monthly dues of $48* per month. JOIN NOW

POOL ONLY MEMBERSHIP

Available to any age member who wants only access to the Pool & Locker Room Amenities. Aqua Fitness Classes are included with this membership. Reduced monthly dues of $55* per month. JOIN NOW online, use promo code: **pool**

PICKLEBALL ONLY MEMBERSHIP

Available to any age member who wants access to our only our 8 outdoor and 1 indoor pickleball courts. 45* per month. Sign up in person at The Yakima Athletic Club.

STUDENT TEMPORARY MEMBERSHIP

3-month agreement available for 15 – 22-year-olds and/or anyone enrolled in school with 12 or more credit hours or on summer semester break. $168* for 3 months of full club access. JOIN NOW

INSURANCE MEMBERSHIP

Some Insurance companies may provide you with a free or discounted membership to the Yakima Athletic Club. Below are a few options of insurance or qualifying programs that we accept:

Silver&Fit. Active&Fit.

The Yakima Athletic Club is now a **Silver&Fit®** participating Fitness Center! Silver&Fit is designed specifically to help older adults achieve better health through regular exercise and health education. Silver&Fit provides eligible members with no-cost or low-cost fitness memberships through arrangements with certain health plans. Silver&Fit is provided by American Specialty Health Fitness, Inc., a subsidiary of American Specialty Health Incorporated. You will need a **PREMIUM CLUB UPGRADE** with Silver&Fit to access the Yakima Athletic Club. That upgrade can be done directly with Silver&Fit. You will need to provide us with your **Fitness ID** number to start your membership.

If your health plan offers Silver&Fit and you would like more information about the Yakima Athletic Club, please contact us at 2501 Racquet Lane, Yakima, WA 98902, or call Kendyl Comiskey (509)453-6521 ext. 206. You may also visit Silver&Fit at www.SilverandFit.com. Silver&Fit is a federally registered trademark or American Specialty Health Incorporated.

Renew Active by UnitedHealthcare

Renew Active℠ is here to help you stay fit, stay focused and stay you. Plus, it's available at no additional cost with UnitedHealthcare® Medicare plans. Learn more about how you can stay active and healthy at UHCRenewActive.com. This plan is a medicare supplement plan that will allow you full access to the Yakima Athletic Club. With this Insurance membership, you will need to bring in your 10-digit fitness ID number. This can be found in your provider portal and will start with the letter A or S and followed by 9 digits.

Yakima Athletic Club is partnering to provide complementary memberships to members of the nationally recognized **SilverSneakers®** program. Through this collaboration, Yakima Athletic Club will now offer older adults a way to increase their levels of physical activity while motivating them to remain active. SilverSneakers is the nation's leading community fitness program designed exclusively for older adults. With this program, you will need to bring in your 16-digit fitness ID number. You can log in to your insurance portal or contact your representative for this number. Once you have this we can start your membership. Please contact Nicole Marang at 509-453-6521 or nicole@yakimaathletic.com

PAYMENT OF MONTHLY DUES

- Dues are paid by EFT, a monthly bank draft program. Billed dues option is available for an additional $10/month statement charge.
- After an agreement period is fulfilled, a 30 day notice must be given to cancel.
- Business office hours are Monday through Friday from 9:00am – 5:00pm. Voicemail is available 24 hours at 509-453-6521 ext. 205.
- Prices are subject to sales tax. The Yakima Athletic Club does not charge any annual maintenance fees.

YAC GUEST FEES

- Guest visits are available at $20 per person/per day.
- If a guest is accompanied by a YAC member, the guest fee is $10 per person/per day.
- Children under 3 are free.
- Kids Rec Swim at Yakima Athletic Club is $5 per child. (Groups of 5+ must be prearranged).
- YAC IHRSA Guest – $10 per person/per day.
- FitLife guests are free. Must present valid FitLife Fitness-to-Go card.

PASSES FOR MEMBERS' GUESTS

If you are an active member of the Yakima Athletic Club, you may bring in up to two guests at a time at a rate of $10 per guest. For more information, contact our Membership Service Representativec nicole@yakimaathletic.com

RECIPROCAL MEMBERSHIP PROGRAMS BENEFIT YAKIMA ATHLETIC CLUB

We offer two reciprocal programs for our Yakima Athletic Club members who travel occasionally on business or vacation. First is FitLife Club Network Fitness-to-Go program that provides you with over 300 clubs in the Northwest (Montana, Oregon, and Washington) to access when you travel. Most Fitlife Clubs offer free guest usage for FitLife affiliates.

The second is IHRSA – an international reciprocal program that offers clubs all over the world. This is an excellent opportunity to visit the top clubs in the country while you travel.

Obtain a FitLife Fitness-to-go card at the Yakima Athletic Club front desk.

FitLife Club Network

For FitLife Usage:

The Yakima Athletic Club is a member or the FitLife club network. You can work out at one of these facilities if you are on vacation or traveling in the area. You may pay a discounted guest rate or it may be a free visit depending on the facility. You will need to present your FitLife card at the reciprocal club. Ask for your FitLife card at our Yakima Athletic Club front desk. Here is the list of the clubs that are in the FitLife Network

CLUB POLICIES ON CHILDREN

- Children under the age of 15 years old MUST be supervised at all times while in the club, or on the club premises. Children are not allowed to "wait" unattended while their parents are using the club.
- Children over the age of 5 years old are not allowed in the opposite sex locker room.
- Children on family memberships will be terminated from the membership at age 25 years old. They will have three months from the date of their 25th birthday to join with no joining fee.
- For more complete Children's Policies, please see Yakima Athletic Club Children's Club Use Guidelines (below).

ADDITIONAL MEMBERSHIP INFORMATION

Locker Rentals

Yakima Athletic Club offers locker room lockers for rent. Lockers are payable monthly or yearly. Various locker sizes are available for rental. At the Yakima Athletic Club contact Colton at 509-453-6521 for availability.

Canceling your membership

All membership cancellations must be done in writing or in person with the business office. Business office hours are 9:00 am to 5:00 pm Monday through Friday. Please contact us via phone at (509)453-6521 x 205 to see if you are eligible to cancel your membership.

MEMBERSHIP GUIDELINES

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