

Dorchester YMCA

776 Washington St.
Dorchester, MA
617-436-7750

East Boston YMCA

215 Bremen St.
East Boston, MA
617-569-9622

Roxbury YMCA

285 Martin Luther
King. Roxbury, MA
617-427-5300

**Thomas M. Menino
YMCA**

1137 River St., Hyde Park,
MA
617-361-2300

Membership Benefits include:

Unlimited Use of State-of-the-Art Fitness Center – Our fitness center is packed with all the latest cardio and strength equipment. Whether you prefer running on the treadmill, cycling beside a friend, reading while on an elliptical trainer, lifting free weights or using strength training equipment, you can achieve your goals at the Y.

Free Get Started Coaching – New members and those who need a refresher get 3 FREE Get Started sessions with a YMCA Wellness Coach. Our coaches help you establish a workout plan and also teach you how to use the cardio and strength training equipment. We'll also introduce you to group exercise and aquatic options.

Free Group Exercise Classes – The Y offers more than 600 FREE group exercise classes with membership. From Zumba to Yoga, Pilates, cycling, step, bootcamp and more, you can find the perfect class at the Y. Classes start early and run well into the evening for those who need to burn off steam after a long day.

Personal Training – Whether you want to lose weight or tone up, prepare for a ski trip or train for an athletic event, YMCA personal training will get you results. Register at the Member Services Desk or fill out a Personal Training Inquiry Form online and a Personal Trainer will contact you to set up an appointment.

Wellness Testing & Nutrition Consultations – The YMCA offers wellness testing that gives you a baseline for tracking programs toward your fitness goals.

Programs – From swim lessons for all ages to sports, dance, martial arts, gymnastics and more. There's something for every interest at the Y. **Members receive up to 50% off fee-based classes.**

Family membership discounts are available as well as financial assistance for YMCA membership and programs.

In Addition, each participating Y has the following amenities available:**Dorchester YMCA:**

- Cardio Equipment
- Strength Circuit Trainers
- Free Weights
- Indoor Pool
- Full Size Gymnasium
- Sauna and Steam Rooms
- ChildWatch (Free for family membership; \$5/hr for individual)
- Locker Rooms

East Boston YMCA:

- Cardio Equipment with personal viewing screens
- Strength Circuit Trainers
- Community Meeting Room
- Free Weights
- Computer Center
- ChildWatch (Free for family membership)
- Locker Rooms

Roxbury YMCA:

- Cardio Equipment
- Strength Circuit Trainers
- Free Weights
- Indoor Pool
- Gymnasium
- Sauna and Steam Room
- Locker Rooms
- Family Changing Rooms
- Computer Center
- Plenty of Parking Space
- ChildWatch (Free for family membership; \$3/hr. for individual members)

Thomas M. Menino YMCA:

- Cardio Equipment with personal viewing screens
- Free weight room
- Full locker rooms
- Climbing Wall
- Swimming Pool
- Gymnasium
- Cycling Studio
- Teen Zone
- Childwatch (Free for Family membership)
- Family Changing Rooms

Dorchester YMCA
776 Washington St. Dorchester, MA
617-436-7750

Hours of Operation:

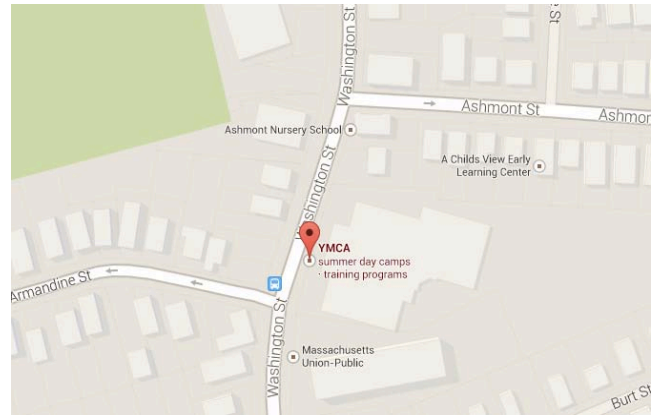
Weekdays: 5:00am-9:00pm
Saturdays: 7:00am-9:00pm
Sundays: 8:00am-2:00pm

Language Capacities:

English, Spanish, Haitian Creole, Cape Verdean

Nearest MBTA station or bus:

Washington St @ Armadine St (1 minute walk)
Washington St opp Ashmont St (1 minute walk)
(Buses from this station – 26)



East Boston YMCA
215 Bremen St., East Boston, MA
617-569-9622

Hours of Operation:

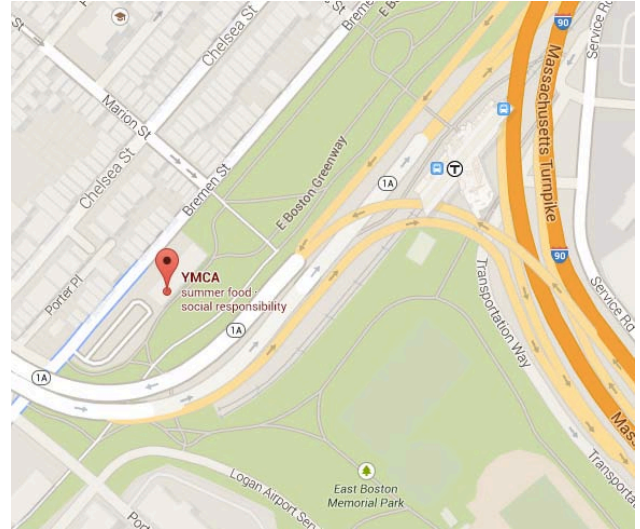
Weekdays: 5:30am-10:00pm
Saturdays and Sundays: 7:00am-7:00pm

Language Capacities:

English, Filipino, French, Portuguese, Russian, Spanish

Nearest MBTA station or bus:

Airport Station (Blue Line) (4 minute walk)
Maverick Station (Blue Line) (9 minute walk)
(Buses from this station: 114, 116/117, 116, 117, 120, 121)



Roxbury YMCA
285 Martin Luther King Blvd., Roxbury, MA
617-427-5300

Hours of Operation:

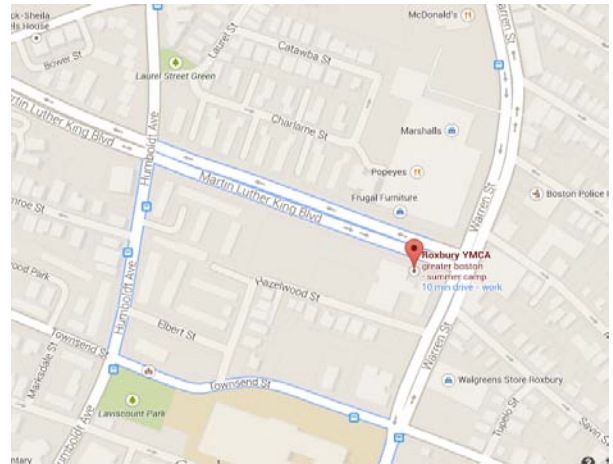
Weekdays: 5:30am-9:30pm
Saturdays: 8:00am-6:00pm
Sundays: 11:00am-6:00pm

Language Capacities:

Cape Verdean, English, French Creole, Haitian Creole, Spanish

Nearest MBTA station or bus:

Warren St @ Maywood St (1 minute walk)
(Buses from this station – 10, 14, 19, 23, 28)
Warren St @ Quincy St (1 minute walk)
(Buses from this station – 14, 19, 22, 23, 28)
Townsend St @ Warren St (4 minute walk)
(Buses from this station – 10, 23, 28)
Humboldt Ave @ Townsend St (7 minute walk)
(Buses from this station – 32, 34, 36, 38, 44)



Thomas M. Menino YMCA
1137 River St. Hyde Park, MA
617-361-2300

Hours of Operation:

Weekdays: 5:00am-10:00pm
Saturdays: 7:00am-6:00pm
Sundays: 8:00am-6:00pm

Language Capacities:

English, Haitian Creole, Spanish

Nearest MBTA station or bus:

River St @ Webster St (1 minute walk)
River St @ McGrath Way (1 minute walk)
River St @ Central Ave (33 only) (2 minute walk)
(Buses from these stations – 24/27, 24, 33)

