

Membership Means More!

When you join a Y, you join an organization in your community that offers activities fostering health, hope and opportunity. Adults connect with friends, pursue their interests and learn how to live healthier.

The Y Specialty Fitness is a membership based organization. Our main objective is to serve our members who have made a commitment by joining Y Specialty Fitness. We welcome everyone to come in and take a tour of our facility! The following facility guidelines are intended to enhance our Member services.

The Y Specialty Fitness facility conducts regular sex offender screenings on all members, participants, and staff. If a match occurs, the Y specialty Fitness will cancel membership, end program participation and remove visitation access.

Our Facility

Welcome Center/Check-in

Cardio Center

Training Studio

Weight Rooms

Group Fitness Classes

Personal Training

4 lane 25-yard lap pool

Warm-water therapy pool

Men's & Women's changing rooms/Bathrooms/Saunas

Family Changing room/bathroom



specialty fitness

CONTACT US :



(607) 431-5454



www.oneontaymca.org



membership/crm@oneontaymca.org



1 FoxCare Dr., Suite 216
Oneonta NY, 13820



MEMBERSHIP TYPES

Adult (25+)

\$51.00/Monthly: Annual Contract

\$53.00/Monthly: 4-Month Contract

\$540.00/Annually: Paid In-Full

Young Adult (20-24)

\$35.00/Monthly: Annual Contract

\$35.00/Monthly: 4-Month Contract

\$360.00/Annually: Paid In-Full

Couples

\$88.00/Monthly: Annual Contract

\$88.00/Monthly: 4-Month Contract

\$894.00/Annually: Paid In-Full



Teen (14-19)

\$27.00/Monthly: Annual Contract

\$270.00/Annually: Paid In-Full

Fox/Bassett Employees/Volunteers

\$37.00/Monthly: Annual Contract

\$40.00/Monthly: 4-Month Contract

\$420.00/Annually: Paid In-Full

Fox/Bassett Employees/Volunteers Couples

\$74.00/Monthly: Annual Contract

\$78.00/Monthly: 4-Month Contract

\$864.00/Annually: Paid In-Full

Veteran

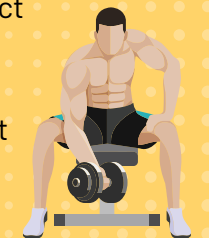
\$42.00/Monthly: Annual Contract

\$450.00/Annually: Paid In-Full

Veteran Couples:

\$84.00/Monthly: Annual Contract

\$864.00/Annually: Paid In-Full



SHORT TERM MEMBERSHIPS

1 Month Short Term Adult (25+): \$75.00

1 Month Short Term Couples: \$105.00

1 Month Short Term Teen (14-19): \$35.00

1 Month Short Term Young Adult (20-24): \$45.00

Multi-Use Guest Pass (10-Visits): \$100.00

Week Guest Pass: \$35.00

MEMBERSHIP GUIDELINES

Patrons at the Y Specialty Fitness facility agree to abide by the following procedures and protocols:

- All Patrons will check-in at the Welcome Desk and scan their Membership card to gain access to the facility. Fitness class participants may be asked to pre-register
- Members are responsible for guests they bring into the facility, and follow age restrictions on facility usage.
- Patrons will use equipment and facilities appropriately and only for intended purposes, and will follow all safety guidelines.
- Patrons will NOT possess any form of drugs, or weapons, anywhere on Y Specialty Fitness property
- No smoking or vaping on Y Specialty Fitness property
- Patrons shall not wear clothing with inappropriate language while in the facility
- Patrons understand that membership may be terminated based on inappropriate behavior, or for other actions not aligned with the values and purposes of the Y Specialty Fitness facility



GROUP FITNESS CLASSES

At Y Specialty Fitness, we offer a diverse range of group fitness classes designed to meet every fitness level! Whether you're just starting out or you're a seasoned athlete, our classes are tailored to help you reach your goals. From high-energy cardio to strength training, flexibility, and mindfulness, our certified instructors are here to guide you every step of the way.

Our classes include:

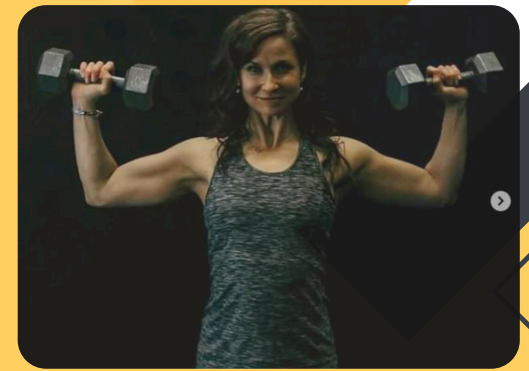
Beginner-friendly sessions to help you build strength and confidence.

Intermediate classes for those looking to challenge themselves and improve endurance.

Advanced workouts that push your limits and help you achieve peak performance.

PERSONAL TRAINING

- Maximize your results with the guidance of our experienced personal trainers. They will tailor a program specifically for you, providing personalized attention and support to help you achieve your fitness goals efficiently and safely.



MEMBERSHIP BENEFITS

- FREE Fitness Classes
- Program participants maybe charged a fee
- Members ONLY Special Events
- Access to YSF Facility
- Annual Memberships have access to Y360 our digital fitness platform

Your favorite Y classes on demand.
YMCA360.ORG



Y360 is an on-demand video platform via Computer, Tablet, Roku, Apple TV and Mobile App. Y360 is an added value to YEARLY adult, couples and teen memberships \$9.99/Monthly \$99/Annually Paid In-Full

CANCELING MEMBERSHIP

To cancel your membership, simply visit our website at www.oneontaymca.org. From the menu bar, select the "Click to Cancel" option, fill out the cancellation form, and submit it. Please note that your cancellation request may take up to 3 business days to process. You will receive a confirmation email or letter once your membership has been successfully cancelled. If a refund is applicable it will be processed within 10 business days to the original form of payment.