



When you join East Chestnut CrossFit, you don't only receive unlimited CrossFit classes. You also receive a YMCA Membership which includes unlimited access to hundreds of group exercise classes, indoor and outdoor swimming pools, state-of-the-art fitness centers, free babysitting while you work out and reduced rates on summer camp, childcare, swimming lessons and more.



And perhaps most important of all, you're joining an organization that supports the programs and values that strengthen our community. Every day, the YMCA provides financial assistance to thousands of people in our community to ensure all have access to the YMCA. We also teach kids how to be safe in and around water to prevent drowning, offer summer programs designed to close the achievement gap and much more. **Join today!**

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ymcagbw.org/crossfit	EAST CHESTNUT CROSSFIT® at the YMCA of Greater Brandywine	CROSSFIT® Gyms	Orange Theory Gyms	LA Fitness
Monthly Cost	\$\$	\$\$\$	\$\$	\$
GROUP FITNESS				
CrossFit®-Unlimited classes	<input type="radio"/>	<input type="radio"/>		
AquaFit	<input type="radio"/>			
Barre	<input type="radio"/>			
BodyCombat	<input type="radio"/>			
BodyPump	<input type="radio"/>			
Boot Camp	<input type="radio"/>			
Cycling	<input type="radio"/>			
High Intensity Interval Training	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pilates	<input type="radio"/>			
Step	<input type="radio"/>			
Yoga	<input type="radio"/>			<input type="radio"/>
Zumba	<input type="radio"/>			<input type="radio"/>
And many more group ex classes	<input type="radio"/>			
CHILDCARE				
Child Watch	<input type="radio"/>			<input type="radio"/>
FACILITY				
Locker Rooms with Showers	<input type="radio"/>			<input type="radio"/>
Swimming Pools and Saunas	<input type="radio"/>			<input type="radio"/>
Basketball	<input type="radio"/>			<input type="radio"/>
Indoor Tracks	<input type="radio"/>			
OTHER				
Social Atmosphere	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Community Events	<input type="radio"/>			

*Amenities vary by YMCA branch