



FITNESS IS ESSENTIAL IN KEEPING SA HEALTHY

JOIN AND STAY HEALTHY.

Contracting an illness is not your only concern during this pandemic. Pandemics create indirect effects such as loneliness, fear, stress, anxiety and may increase the risk of diabetes, obesity and more due to lack of exercise. According to the CDC, only 23% of adults are hitting the federal physical activity guidelines.

Cleanliness and sanitation of Y facilities has always been a priority and the pandemic has only heightened our safety measures. Don't fall victim to silent killers.

WE MISS OUR MEMBERS!

Members who terminated their memberships due to COVID-19 pandemic can re-join and pay nothing until January 2021. Give us the opportunity to prove your safety is our #1 priority.