



FREE MONTH!

Bring this ad to the Guiderland
YMCA for a FREE month!

WANT TO LOSE WEIGHT? WE CAN HELP!

CAPITAL DISTRICT YMCA

At the Y, our Personal Trainers focus on your health and well-being, and are supportive every step of the way.

See for yourself!

Visit the Guiderland YMCA today for a free tour.

Bring this ad for a FREE GIFT when you tour!

CAPITAL DISTRICT YMCA

Guiderland Branch
250 Winding Brook Drive
Guiderland, NY 12084
518.456.3634
www.CDYMCA.org



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BETTER TOGETHER — The Capital District YMCA is a leading Capital Region charity.