



# SHARE THE LOVE REFER A FRIEND

## YOU Get a FREE Month!

Working out with a friend is a great way to stay motivated and maintain your exercise routine. According to the National Institute of Health, 66% of individuals who workout with a partner maintain their weight loss.

The best news is that if you **refer a friend** and they join the Y, you get **one month of membership FREE!**



Promotion starts February 15

> [Learn more at ymcanj.org/refer-a-friend/](https://ymcanj.org/refer-a-friend/)

### YMCA OF GREATER MONMOUTH COUNTY

Freehold Family YMCA  
470 East Freehold Road  
Freehold, NJ 07728  
732.462.0464

Old Bridge Family YMCA  
1 Mannino Park Drive  
Old Bridge, NJ 08857  
732.727.0704

Red Bank Family YMCA  
166 Maple Avenue  
Red Bank, NJ 07701  
732.741.2504

YMCA NJ.org

120-5162.01-FD

Here for all.  
Financial assistance  
is offered based on  
availability of funds.