



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**NORTH SUBURBAN**  
**YMCA**  
2705 Techy Road  
Northbrook, IL 60062  
[www.nsymca.org](http://www.nsymca.org)

**For More Information Contact:**

Kim Nyren  
[knyren@nsymca.org](mailto:knyren@nsymca.org)  
847-272-7250

**FOR IMMEDIATE RELEASE**

**NSYMCA Kicks Off the Year with a Limited-Time Membership Deal**  
***\$0 Joiner's Fee & Third Month FREE***

**FOR IMMEDIATE RELEASE**

**Northbrook, IL – January 2026** – The North Suburban YMCA (NSYMCA) is helping the community start the year strong with an exciting, limited-time membership offer designed to make healthy living more accessible than ever. New members who join during the month of January will pay **\$0 Joiner's Fee** and receive their **third month FREE**, removing financial barriers to get them started.

In addition, prospective members are invited to experience the Y at no cost with a **complimentary 7-day trial**. This free week allows individuals and families to explore the facility, participate in programs, and experience the welcoming community that truly sets the NSYMCA apart.

The beginning of year is one of the most popular times to set health and wellness goals, and the NSYMCA proudly supports individuals and families at every stage of their journey. Membership includes access to a wide range of amenities and programs at the Northbrook facility, including:

- Group exercise classes
- Pilates and Yoga
- BODYPUMP™
- Aqua aerobics
- Full pool with lap swim and family swim
- Basketball, pickleball, and racquetball
- Sauna, steam room, and whirlpool
- Babysitting services while you work out
- Family programming and community events

The facility also features two floors of state-of-the-art cardio, strength, free-weight, and circuit training equipment. Members enjoy access to a large gymnasium, three racquetball courts with FREE play, a six-lane pool, modern strength training center, track, sauna, steam room, whirlpool, and on-site discounted massage services provided by Ruby's Therapeutic Massage.

"Our goal at the NSYMCA is to remove barriers for healthy living," said Heidi Busch, Membership Director. "This membership special gives our community the opportunity to experience everything the Y has to offer—without the financial hurdles that often come with joining a fitness facility."

More than a gym, the NSYMCA is a cause-driven organization dedicated to strengthening community through youth development, healthy living, and social responsibility. From fitness and wellness programs to childcare, swim lessons, and community outreach, the Y offers programs for all ages and abilities.

This membership promotion is available for a limited time only. Interested individuals are encouraged to join early to take advantage of the savings and begin building healthy habits that last all year long.

For more information about the North Suburban YMCA, membership specials, or other programs, please contact **Heidi Busch, Membership Director**, at [hbusch@nsymca.org](mailto:hbusch@nsymca.org), visit [www.nsymca.org](http://www.nsymca.org), or call 847-272-7250.

The North Suburban YMCA is located at 2705 Techny Road, Northbrook, IL 60062.

#### **About the [North Suburban YMCA](#)**

The North Suburban YMCA services Northbrook and 14 surrounding communities with programs and tools that help its residents become healthier, more connected, and confident, ensuring that everyone, regardless of age, income, or background, has the opportunity to learn, grow, and thrive. The NSYMCA focuses on **Youth Development, Healthy Living, and Social Responsibility** and is a charitable organization, inclusive and welcoming to all in our community. Learn more at [NSYMCA.org](http://NSYMCA.org).



**Caption:** Start the off the year at the North Suburban YMCA with \$0 Joiner's Fee and receive their third month FREE. Limited time offer.