



Start the year off right!

Find Your Place in Our Community. Discover the Fitness Alternative.

The Shih Yu-Lang Central YMCA is a wellness center where friendship and fitness go hand in hand. See what a difference it makes to work out in an environment where you can feel comfortable being exactly who you are. Our convenient location makes it easy and our relaxed vibe makes it fun!

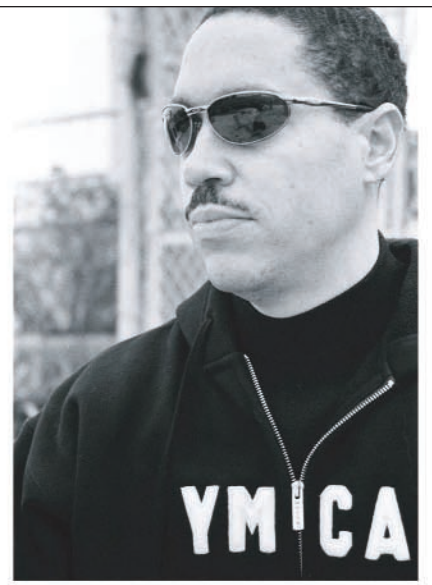
Extensive Facilities - Ten floors of fitness, including a pool, a basketball court and cardio activities

Focus on Community - Senior field trips, youth activities and a wireless cafe for everyone

**Complimentary
3 Day Pass**



One coupon per person. First-time local residents only. Must be 18 years or older. Expires 2/29/05.



Shih Yu-Lang Central YMCA
 220 Golden Gate Avenue
 San Francisco, CA 94102
 (415) 885-0460 | www.ymcasf.org/central