

**Newark YMCA at UMDNJ**  
**90 Bergen St, Newark, NJ 07107**  
**[www.NewarkYMCA.org](http://www.NewarkYMCA.org)**

**FREQUENTLY ASKED QUESTIONS**

- Q. What is the **Newark YMCA at UMDNJ**?
- A. **Newark YMCA at UMDNJ** is a wellness center located on the campus of UMDNJ and operated by the **YMCA of Newark and Vicinity** (YMCA Broad St). Programs and services are designed to enhance members' overall health including physical, spiritual, emotional and mental well-being.
- Q. Where is the Center located?
- A. The **Newark YMCA at UMDNJ** is located on the campus of UMDNJ on the second floor of the Doctors' Office Center, 90 Bergen Street, Newark, NJ 07107
- Q. What is the facility layout?
- A. The facility, which is 7,400 square feet, includes a men's and a women's locker/shower room, spinning room, 60 pieces of strength and cardiovascular fitness equipment, aerobics exercise area with spring loaded floor, and lounge area. (see web page for actual floor plan)
- Q. What type of equipment will be available?
- A. State-of-the-art equipment from LifeFitness, Concept II, Intex Strength and Startrac will include approximately 35 strength and 35 cardiovascular machines, plus a spinning room with approximately 12 bikes.
- Q. What programs will be offered?
- A. The Center will offer group classes including Yoga, Zumba, Step, Boot Camp, kick-boxing, and Spin, as well as group exercise classes, i.e. aerobic, stretch, body sculpt and abs. Fitness testing and initial evaluations will also be available at no additional fee.
- Q. What are the membership categories? Who can join?
- A. Categories of membership at Newark YMCA at UMDNJ are **Student, Adult and Household**. Adults 18 years of age and over may join regardless if they are part of the UMDNJ community. **Full-time students 18 years of age and older, currently enrolled in college or university, are eligible for the student rate with proper ID.** If interested in joining as a family, Newark Broad Street offers a **Household Membership**, with which you will have access to both facilities.
- Q. What are the operating hours of the facility?
- A. Monday – Friday 6:00am – 9:30pm  
Saturday 9:00am – 5:00pm  
Sunday Closed (please use the Downtown YMCA)
- Q. When will the facility open?
- A. **Newark YMCA at UMDNJ** is expected to open January, 2010.
- Q. Do I have to wait until 2010 to join?
- A. No! You can join today and begin immediately to use the YMCA Broad Street, downtown Newark, at no extra charge.
- Q. How do I sign up?
- A. Beginning the week of November 9<sup>th</sup> we will be on campus to answer questions and start sign-ups – check the website for times and locations. Alternatively you can download the application from the website and bring with you at your convenience to one of our sign-up days ([www.newarkymca.org](http://www.newarkymca.org))
- Q. Once the facility is open, can members of **Newark YMCA at UMDNJ** use the Downtown YMCA?
- A. Yes. This includes use of the **silver** locker room. **Gold** locker room privileges, which include steam room and sauna, may be purchased for an additional fee.
- Q. How can I get from UMDNJ to the Downtown YMCA?
- A. Complimentary transportation for UMDNJ students and staff will be provided between campus and the YMCA Broad St via the shuttle to Penn Station. Just present your UMDNJ ID. If you prefer to drive, parking is available behind YMCA Broad St.
- Q. I am a member of my local YMCA. Will I have access to this new facility?
- A. With the YMCA "*Away Program*" if your Center is more than 50 miles away, you may visit, on a limited basis, the **Newark YMCA at UMDNJ** without additional charge. Members of a YMCA within 50 miles would need to enroll in Newark YMCA for ongoing use.
- Q. What are the Newark YMCA @ UMDNJ membership fees?
- A. Joining Fee - equivalent to one month's membership fee  
Student - \$29 per month  
Adult - \$46 per month  
Household - \$77 per month  
(children under 18 are welcome to use the Downtown YMCA)
- Q. What are the payment options for membership dues?
- A. Payroll deduction, bank draft, credit card draft, or one payment annually.
- Q. Will financial aid be available to ensure everyone can participate?
- A. Yes. A financial aid policy is in place to ensure that no one is turned away due to the inability to pay the membership fees.

- Q. Is there a guest fee?  
A. Members receive two complimentary guest passes per year; additional guest passes are available for \$10/visit.
- Q. Where can I park?  
A. Parking for **Newark YMCA at UMDNJ** is available on the street and in the campus parking garages.
- Q. What are the benefits of being a member at the **Newark YMCA of UMDNJ**?
- Conveniently located
  - Improve quality of life
  - Decrease stress
  - All fitness and spinning classes included.
  - Fitness orientation or assessments.
  - Full time use of Cardiovascular and strength training equipment.
  - Access to 2 local YMCAs, heated pool, basketball and racquetball courts
  - Two free guest passes per year

- Q. What Amenities are offered for members?  
A. *Membership Amenities include:*
- Fitness orientations and assessments
  - Fitness classes (Schedule TBD)
  - Spinning classes (10 bikes)
  - 15 Treadmills some of which feature “Engage” console treadmills by Life Fitness, a 15” entertainment center compatible with video-capable iPods.
  - Members can also create, customize and track workouts with the *Virtual Trainer®*
  - 5 Stationary Bikes
  - 7 Elliptical Machines
  - 2 Concept 2 rowers
  - 30 strength training stations

#### **ABOUT YMCA of Newark and Vicinity**

- Q. What is the *YMCA of Newark and Vicinity*?  
A. The YMCA has been actively serving the Newark community for over 120 years. Its mission and vision is to provide programs and services that build strong kids, strong families, and strong communities. Our efforts are focused on the wellbeing of the whole person, spirit, mind, and body. Currently its major programs include fitness and wellness center, emergency shelter, residence, Camp Linwood MacDonald, day camp, before and after school child care.
- Q. What facilities and programs are offered at the Downtown YMCA?  
A. 25-yard, 4 lane swimming pool; full gymnasium; cardiovascular equipment room, strength training room, free weight room, fitness class room, basketball, racquetball and squash. On-site parking in the YMCA parking lot is available.
- Q. How can I learn more?  
A. Visit the YMCA’s website, [www.newarkymca.org](http://www.newarkymca.org)