

Amenities and Services

Fitness

- Water Aerobics
- Spinning
- Yoga
- Aerobics
- Pilates
- Mens Fitness Studio
- Womens Fitness Studio
- Combined Fitness Center

Cardio

- Exercise bikes
- Treadmills
- Rowing machines
- Step climbers
- Cross trainers
- Free Weights
- Nautilus
- Cybex
- Spinning

The Lynn YMCA has programs and amenities to suit a broad range of needs, this is a list of only some of what we offer...

Full Size Gymnasium

Raquet Ball Courts

Indoor Running Track

Locker rooms

- Mens w/sauna
- Womens w/sauna, steam room, and Whirl pool
- Boys
- Girls

Pool

- Indoor 6 lane

Child Care

- After School Center
- Preschool Child Care Center
- Playground
- Youth Center