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FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

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FOR IMMEDIATE RELEASE

Graphic Attached: YMCA September Promotion

YMCA of Rapid City Announces Fall Promotion: \$0 Joining Fee and FREE Month in September

RAPID CITY, AUGUST 29, 2025 – The YMCA is helping families and individuals jump into fall wellness with a special promotion: pay no joining fee and enjoy the entire month of September free when you sign up for a membership.

"This is the perfect time to focus on your health and well-being," said Kristy Lintz, Chief Operations Officer of the YMCA of Rapid City. "With school back in session and routines starting to settle, we want to make it easier than ever for people to discover everything the Y has to offer — from fitness and swimming to youth sports, group exercise classes, and community programs."

Membership at the YMCA includes access to:

- State-of-the-art fitness centers
- Group exercise classes like yoga, cycling, and strength training
- Pools, gyms, and wellness programs
- Discounts on youth sports, swim lessons, and award-winning childcare and afterschool programs
- A supportive community focused on healthy living for all

The fall promotion is available for a limited time. New members who join by September 30, 2025, will pay no joining fee and receive the month of September completely free.

For more information or to join today, visit <https://rcymca.org/join/> or stop by your Black Hills YMCA location in Rapid City, Liberty Center (Box Elder), Custer or Edgemont, South Dakota.

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About the YMCA of Rapid City

Driven by its founding mission, the YMCA of Rapid City has served as a leading nonprofit committed to strengthening community for more than 76 years. The Y empowers everyone, no matter who they are or where they're from, by ensuring access to resources, relationships and opportunities for all to learn, grow and thrive. By bringing together people from different backgrounds, perspectives and generations, the Y's goal is to improve overall health and well-being, ignite youth empowerment and demonstrate the importance of connections in and across 10,000 communities nationwide. Learn more at rcymca.org