

# FACILITY LOCATIONS AND AMENITIES

	TORIGIAN YMCA	DEMAKES YMCA	MELROSE YMCA	SAUGUS YMCA AND GYMNASTICS CENTER
Cardio Equipment	●	●	●	●
Strength Training Equipment	●	●	●	●
Group Exercise Classes	●	●	●	●
Personal Training	●	●	●	●
Gymnasium	●	●	●	●
Indoor Track	●	●	●	●
Pickleball Court Times	●	●	●	●
Indoor Pool	●	●	●	●
Outdoor Pool	●	●	●	●
Hot Tub	●	●	●	●
Steam Room	●	●	●	●
Sauna	●	●	●	●
Adventure Warrior Zone	●	●	●	●
Child Watch	●	●	●	●
Youth Sports & Enrichment	●	●	●	●
Summer Camp	●	●	●	●
Y Academy Early Learning	●	●	●	●
Y Academy Out-Of-School Time	●	●	●	●
Technology Center and Music Studio	●	●	●	●

**View Schedules**



**View Classes**



**View Membership**



**Demakes Family YMCA**

40 Neptune Blvd  
Lynn, MA 01902  
781-842-8811

**Melrose Family YMCA**

497 Main Street  
Melrose, MA 02176  
781-665-4360

**Saugus Family YMCA and Gymnastics Center**

298 Main Street  
Saugus, MA 01906  
781-233-9622

**Torigian Family YMCA**

259 Lynnfield Street  
Peabody, MA 01960  
978-977-9622



**Join Today! YMCA of Metro North**

[www.ymcametronorth.org](http://www.ymcametronorth.org)