



Kosciusko Community YMCA

Member Newsletter

Volume 3 Issue 12 December 2008

Meet a Corporation



Creighton Brothers has long been a friend of the Kosciusko Community YMCA. We have been supportive in the past with Capital Campaigns when the facility has expanded and/or renovated as well as sharing with our employees the cost for a membership.

In the past couple of years we would like to give a huge thank you to one of our valued employees, Tad Borchers (and his wife Marcy) for getting his fellow employees inspired and involved in teaming up for exercise through the YMCA Corporate Challenge! Our company has had an overwhelming response to being involved in this activity at the YMCA. We have truly valued the opportunity to come together as a team since so many of our farm locations keep us quite spread out. The camaraderie we see between people who don't normally work together is absolutely wonderful. Our company treasures the two Spirit Awards we have received from the Corporate Challenge with more pride than any placing we could hope for in the balance of the competition.

We not only look forward to the 2009 YMCA Corporate Challenge, but many other opportunities to continue our partnership in this great community.

Couch Potato Ironman Tri

Registration: December 8th-30th
Starts: January 5th-runs 6 weeks

Free Fitness Classes Merry Christmas from the Y!

During this holiday season the Y is offering free fitness classes for Members and the Community. From December 22nd-January 4th these are just a few of the exciting fitness classes that will be offered: Cardio Challenge, Step N Shape, Body Sculpt, Indoor Group Cycling, Yoga, and Water Aerobics

Frigid 5k

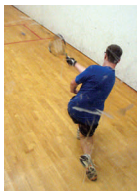
When: January 1st at 1:00p.m.

Cost: \$15 Pre-registration, \$17 after December 19th
All ages welcome!

BIGGEST LOSER: SINGLE AND COUPLES

Registration: December 8th-January 3rd

The challenge begins January 5th and lasts for three months. There are two challenges, one for singles and one for married couples. Many prizes will be awarded for the biggest loser or biggest loser team. Get fit with: 12 exercise classes, 2 body composition tests, 6 nutrition and exercise seminars, four 1-hour personal training sessions per couple or singles challenge plus more!



Adult Racquetball League

Register by December 21st
Games January 5th-February 19th,
Tuesdays and Thursdays 6:00-9:00p.m.

Winter 1 Program Registration going on now

Session Dates: January 5-February 22
Register at any of our three branches



Kids Night Out

New Years Eve-7:p.m.-7a.m.

Activities Include: Swimming, movies, crafts and more!