

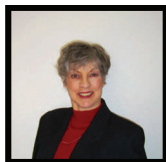


# Kosciusko Community YMCA

## Member Newsletter

Volume 5, Issue 5 January 2007

### Meet a Member



Seven years ago, I was diagnosed with a fourth stage chronic and rare blood cancer. Exercise had always been a part of my life prior to the cancer and chemotherapy. The cancer treatment left me weak and unable to swim my usual mile a day.

In 2004, we moved to Warsaw from the east coast and I joined the YMCA. Between treatments, with no hair and little strength, I went to the Y whenever possible. I began to work out at a very slow pace on the bikes. Some of the greatest encouragement and support came from staff and other members!

After chemotherapy exercise is a very important part of recovery. One doctor actually told me that exercise can lengthen the remission period. The variety of cardio machines made working out so much fun and the weight training greatly improved my strength and bones! I even tried group exercise classes to find new programs I enjoyed.

How grateful I am for my membership scholarship! The YMCA is a program everyone can afford. Because of very generous donors, individuals like me can receive financial assistance with membership and program fees. For cancer patients and those with disabilities this is a valuable community service.

People are living longer with cancer and exercise can continue to be a vital part of their health. The YMCA makes sure everyone can participate and it is a wonderful place to meet awesome people.

YMCA membership has been a part of my life for the last ten years, but recently I have really come to appreciate the contribution the Y has had on my wellness.

Because I live near the Racquet Club, I am really excited about the new fitness center coming in January 2007! My goals for 2007 are to climb the rock wall and balance on the Bosu ball!!

Thank you to the Kosciusko Community YMCA! You always make me smile!

Rosemari Mishko



### New Spinning Bikes!

15 new Cycle-Ops Spinning bikes will be arriving in February. Those who sign up for the Winter 1 group indoor cycling class will have first priority to sign up for the Spring 1 session.

### YMCA Open House

**Where: Smith Street and Racquet Center Location**

**Date: Saturday Jan. 13, 2007**

**9:00am-12:00pm**

Check out our newly remodeled Fitness Centers!

Come early and participate in Free Fitness Classes

Free Racquetball Court Use

Prizes every hour

### New Weight Management Program!

This is a twelve-week program that provides participants with the tools to select healthy foods and incorporate exercise into their daily lives. The program will include a fitness assessment, an individually designed exercise plan, the use of all three branches, and much more! The 12 week program begins on January 16. The cost is \$125 for members and \$250 for non-members. Don't miss this opportunity!

### Youth Center

For the safety and security of your children during staffed youth center hours we are asking that children 10 and under be signed in and out of the youth center. Children ages 10 and under will be required to stay in the youth center, supervised by our YMCA staff, until they are signed out by a parent or guardian.