



NEWS RELEASE

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For Immediate Release

Contact:

Summer Zimmer
1401 East Smith Street
Warsaw, Indiana 46580
(574) 269-9622

Registration Time for YMCA Fall Classes

Warsaw, Indiana – **The Kosciusko Community YMCA** Fall II Session will start on October 26 and run through December 20. For kids, there will be gymnastics, swimming, tennis, Sports of All Sorts classes, and a preschool fitness class. The Y will also offer Parent and Child classes including Parent and Child Zumba and Yoga.

Group exercise classes include: B.A.B.E., Body Sculpt, Boot Camp, Bosu, H.A.B.I.T, Indoor Group Cycling, Just Stretch, Low-Impact Aerobics, Station Madness, Step Classes, Y-Boxing, Yoga, and Zumba. *The Back After Baby Exercise (B.A.B.E.)* class is designed to help new moms get back into shape after the arrival of their new baby. The class will focus on core muscles; light weight training, calisthenics, and burning away that unwanted baby fat. *Just Stretch* will be a thirty minute class to loosen up tight muscles. *Low-Impact Aerobics* will involve large muscle groups used in continuous rhythmic activity while at least one foot is on the floor. Participants of *Station Madness* will rotate between 10 to 12 stations incorporating cardio and strength training. *Y-Boxing* is a high intensity workout aimed at increasing strength, endurance and self discipline. Hips, abs, butts, and incredible thighs (H.A.B.I.T.) class will achieve an all around toned body with a high calorie burning workout.

For a schedule see the Welcome Center or online at www.kcymca.org. Registration for Members starts October 12 and for the Community on October 19.

The Kosciusko Community YMCA, a not for profit organization, provides community based programs that build healthy spirit, mind and body for all of Kosciusko County. All the efforts and offerings of the YMCA are guided by the core values of caring, honesty, respect and responsibility. The Kosciusko Community YMCA does not deny any youth, adult, or family membership or participation based on their inability to pay. Need-based scholarships are available.

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