



NEWS RELEASE

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For Immediate Release

Contact:

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

Workout Before You Pig Out and Family Strengthening Activities at the YMCA

Warsaw, Indiana – The Kosciusko Community YMCA will be offering several classes during the week of Thanksgiving, November 23-28, to give everyone in the community a chance to “Workout Before You Pig Out!” Classes are free for anyone who wants to try them. Classes include Body Sculpt, Family Circuit Intervals, Cardio Blast, Thankspinning, Family Zumba, Step-n-Sculpt, Step Cardio, Boot Camp, Circuit Intervals, BOSU, and Water Aerobics, including a Family Water Aerobics time. Participants are encouraged to bring non-perishable food items in to donate to local food banks.

Also, November 23-28 is Family Strengthening Week, open to the community. Families are encouraged to participate in “Family Feud” an opportunity to complete 12 tasks as a family. Activities designed to give families a fun time together include, playing a game of Dance, Dance Revolution, and Wii bowling, climbing the wall, family time in the pool, playing a game of PIG in the gym and a board game in the Youth Center. Sign up at no cost at the Welcome Center.

Strengthening families has been an important part of the YMCA’s mission and program focus for more than 160 years. Today, the YMCA continues to develop innovative ways to serve families of all kinds.

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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