



## NEWS RELEASE

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For Immediate Release

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### Try the Y! Free Week of New Classes

Warsaw, Indiana – **The Kosciusko Community YMCA** will be offering a preview week of free classes before the upcoming fall session. August 31-September 4 all group exercise classes will be free for anyone to attend. Classes for the Fall I Session start on September 8<sup>th</sup> and run until October 25<sup>th</sup>. There are several new classes to interest all ages.

For kids, there will be gymnastics, swimming, tennis, Sports of All Sorts classes, and a new preschool fitness class for ages 3 to 5. During this class kids will learn that exercise is fun and exciting and they will be kept moving and entertained with fun activities. The Y will also be adding Parent and Child classes including Shake-it-up and Yoga.

New group exercise classes include, B.A.B.E., Just Stretch, Low-Impact Aerobics, Station Madness, Y-Boxing, Power Yoga, and H.A.B.I.T. *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.

If you're interested in trying out any of our new classes or even some old ones, come Try the Y August 31 through September 4. No reservations required. For a schedule see the Welcome Center or online at [www.kcymca.org](http://www.kcymca.org).

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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