



NEWS RELEASE

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For Immediate Release

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Winter I Registration at the YMCA

Warsaw, Indiana- Start the new year right by getting fit and having fun at the YMCA in a group exercise class! The Winter I Session, January 4th to February 21st, will include Body Sculpt, Boot Camp, Bosu Blast, Bridal Boot Camp, Cardio Blast, Circuit Intervals, Functional Fitness, Indoor Group Cycling, Intro to Fitness and Beyond, Kickboxing, Station Madness, Yopalates, Zumba, and more. Bridal Boot Camp, on Saturday mornings, is new for brides or those in a bridal party who want to tone and shape before the big day.

For active older adults, the Y offers Silver Sneakers Muscular Strength & Range of Motion, Silver Sneakers Yoga, Euchre on Mondays, Bridge on Wednesdays and a movie on the 3rd Friday of the month. There are also water aerobics classes for all ages and an Arthritis Water Aerobics class geared specifically toward those needing to alleviate pain and improve their range of motion.

Kids will enjoy a new session of gymnastics, swimming, tennis, Sports of all Sorts, and jumprope. E.D.G.E, Exercise Development Gone Extreme, will be offered for those ages 10-14 who want to improve speed, agility, quickness, muscular strength, and flexibility.

Registration is going on now for YMCA Members. Registration for everyone begins on December 14th. See the Welcome Center or the website for Winter I schedules. Sign up at the YMCA Welcome Center or online at 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,

We Build Strong Kids, Strong Families and Strong Communities.

adult, or family membership or participation based on their inability to pay. Need-based scholarships are available.