



NEWS RELEASE

May 20, 2010

For Immediate Release

Contact:

Summer Zimmer
1401 East Smith Street
Warsaw, Indiana 46580
(574) 269-9622 x34

TRY SOMETHING NEW AT THE YMCA!

Warsaw, Indiana –The YMCA will also be offering free fitness classes June 1st-3rd. These classes will be offered free to everyone, and there is no need to pre-register. Just show up for the class of your choice!

Classes that will be offered free include Indoor Cycling, Body Sculpt, Circuit Intervals, Step, Zumba, and Hip Hop Hustle. There will be both morning and evening classes. For a complete schedule and listing of class times see the YMCA Welcome Center or go online at www.kcymca.org/events.html to download a schedule.

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. Within our available resources, every effort will be made to accommodate all who wish to participate in YMCA programs and services. Supported in part through contributions to the Strong Kids Campaign, the YMCA provides membership and program assistance through need-based scholarships.

#####

We Build Strong Kids, Strong Families and Strong Communities.