



NEWS AND INFORMATION from the Grand Traverse Bay YMCA

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FOR IMMEDIATE RELEASE

YMCA TO OFFER 'RISE & SHINE' AEROBICS CLASSES

TRAVERSE CITY, Jan. 20, 2010 – Starting Monday, early risers will be able to get their day off to a healthy start when the Grand Traverse Bay YMCA kicks off a twice-weekly 'Rise & Shine' aerobics class.

Beginning Jan. 25, the Y will offer a 45-minute cardio/strength training class on Mondays and Wednesdays from 6:30 a.m. to 7:15 a.m.

"This class will be great for people who have to be at work by 8," said Barb Beckett, Y fitness director. "It's also a good option for those trying to make exercise a priority in their daily routines."

The Rise & Shine class joins the Y's other group exercise offerings, which include Y Pilates, Hard Core, Boot Camp, Total Body Conditioning, Totally Tone, and C.S.I. (Cardio/Strength Intervals). As with all its fitness classes, the Y's newest morning class is free to members of the Grand Traverse Bay YMCA. Non-members are welcome to join the class after paying the \$10 day-pass rate.

"The addition of the Rise & Shine class couldn't come at a better time," said Mary Winowiecki, Y membership director. "From now through the end of February, we are waiving our \$50 Joiner Fee for new members to help them reach their New Year's resolutions. This early morning class is a perfect way for members to fit exercise into their busy schedules."

For more information on the benefits of Y membership or to schedule a tour, contact Mary Winowiecki at 933-YMCA (9622).

The Grand Traverse Bay YMCA is a Judeo-Christian organization that serves more than 11,000 kids and 3,000 members each year through 65+ programs that build body, mind, and spirit. Part of the largest charitable group in the country, the Grand Traverse Bay YMCA granted more than \$120,000 in financial aid to 500 families in 2009. Some 600 volunteers donated over 44,000 hours of their time to ensure the Y could fulfill its mission of building strong kids, strong families, and strong communities.

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