

# THE Y VOICE



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

YMCA OF GRANT COUNTY

123 Sutter Way, Marion, IN 46952

January 2011

[www.grantcountyyymca.org](http://www.grantcountyyymca.org)

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## A NEW RESOLUTION BRING A WORKOUT BUDDY

Happy New Years to you all! 2011 is finally here and with it came many resolutions for this coming year. I've checked around and have discovered some of the more popular resolutions. Is yours on the list?

1. Spend more time with Family and Friends.
2. Fit in Fitness
3. Eat Healthy Foods
4. Quit Smoking
5. Enjoy Life More
6. Quit Drinking
7. Get out of Debt
8. Learn something New
9. Become a Volunteer
10. Get Organized

Although I haven't decided on one specific resolution, I do have a goal of getting into a better workout routine here at The Y. One of the best ways I've found is having a friend that can work out with you and keep you accountable. I'm a regular in the Tuesday & Thursday evening Zumba

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### SOMETHING FOR EVERYONE:

Sign up for Swim Lessons

Youth Gymnastics starts **Jan 8**

Martin Luther King Day **Jan 17**  
sign your kids up for a day of fun!

Adult Volleyball begins **Jan 17!**  
Hurry- last day to register is **Jan 6!**

Join Group Exercise Class

Join the Big Bench Club

### ENJOY THIS ISSUE?

Feel free to share this newsletter with anyone who you think may find it useful.

### QUESTIONS, COMMENTS, IDEAS?

Angela Williams, Membership & Marketing Director  
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class and if there's a night I miss, my ladies let me know. This is encouraging to me because there is a group of women that come together two nights a week not just for working out, but to delve into one another's lives and become a strong support system.

Do you have a friend that you believe would be a good workout partner? If so, this is the week to get them involved with The Y! Have your workout buddy come to the Front Desk to sign up for membership and their joiner fee will only be \$20.11! Hurry because this deal only runs until 5pm on Saturday, January 8<sup>th</sup>!

Also, if you've changed your e-mail address, please stop by the front desk to fill out an E-mail Update Form. Drop the slip in the red bowl and you'll be entered into a drawing for a local business gift card. At the end of the month, you'll also be eligible for a chance to win a gift bag from Starbucks. Looking forward to not only getting into a better workout routine, but meeting all of your new workout friends! Let's commit to get fit in 2011!

~Angela Williams, Membership & Marketing Director

## LIVE Y'ERS CHRISTMAS CONCERT

December 10, 2010 was our first Live Y'ers Christmas Concert. It started with a few preschoolers singing some Christmas carols and blossomed into an evening of children proclaiming Christ birth and delighting their parents with memorable Christmas songs.



We had 47 kids participate in the program and over 150 parents, grandparents, relatives, and friends cheer on their little angel or favorite reindeer. Pictures of these Christmas cuties can be found on our Grant County Family YMCA Facebook page. Be sure to Friend us and check it out!

Our Live Y'ers Staff is truly grateful to all the businesses that donated materials and treats to make the evening possible. Parents, your kids did a great job and we are blessed to have them in our program and in our lives here at The Y.

## COMMUNITY PARTNERS 2011

This past year we began our first annual Community Partners Campaign and are gearing up for 2011. To all who participated in 2010, we are very appreciative. Our goal was to raise \$55,000 and because of your support, commitment, and belief in the mission of The Y, we were able to reach our goal.

Community Partners is a program that assists those in financial need with a reduced membership; and gives children of low-income homes an opportunity to be part of our Live Y'ers program, day, and sports camps. In 2010, we provided \$180,000 of assistance to those in need!

Even better, we are strengthening our Grant County community by providing a safe haven for everyone, regardless of age, income or background, to have the opportunity to learn, grow and thrive. The mission of The Y is simple: To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

As you continue making The Y a regular part of your life, please consider being a Community Partner this year and give others the opportunity to become part of the Grant County Y Family. Interested in volunteering? Ask a Director on how you can help! There are many ways to get involved and we would love to have you help us strengthen our community. Thank you.

## NEW GROUP EXERCISE CLASSES ARE COMIN' TO TOWN!

Yes, Santa has come and gone, but it seems he's brought something special to The Y for this coming year: **New Group Exercise Classes!**



**Pilates on the Ball:** A 45 minute class utilizing the principles of Pilates on the fitness ball. This class is great for increasing core strength, balance, flexibility, body awareness and posture. Appropriate for all fitness levels.

**PiYo:** A 45 minute class combining Pilates and Yoga for a great strength, flexibility, core, and balance workout. Appropriate for all fitness levels.

\*Pilates on the Ball and PiYo will be on Tuesday and Thursday evenings from 5:45-6:30pm. Pilates will be taught by Marcy on Tuesdays and Justine will teach PiYo on Thursdays. Come join this fun mix!

**Power Yoga:** An advanced yoga class that is faster paced and utilizes yoga levels I, II, and III. If you are up for a challenging workout with great benefits this is the class for you! At least one four week session of yoga is required to join this class.

\*Power Yoga will be held on Friday mornings from 9:30-10:30am

All Group Exercise Classes are open and waiting for you to try if you haven't already. You won't be disappointed. We've got great classes, great instructors, and great members ready to cheer you on!

## THE WONDER OF WATER AEROBICS

Water Aerobics classes are one of our most popular group exercise classes. If you are part of one of the daily classes then I'm sure you can testify as to why it's not only a good workout, but a great experience, too.

Since we are in the middle of winter, now is a great time to keep attending these classes to help keep your muscles loose and limber. The Therapy Pool's warm water helps increase your range of motion.

If you know of someone that has finished physical therapy, please encourage them to try a water aerobics class as this will continue to strengthen their muscles in a low-impact setting and build their confidence to continue day-to-day tasks.

## KEEPIN' FIT WITH FITNESS

This past month in the Fitness Center we ran a special called *Eat Wise, Drop A Size*. If you participated, then you know that every week you weighed in and were encouraged to try a healthy recipe and continue a workout routine to help maintain your weight. Although this fun challenge of winning a hoodie is over you don't need to stop this great habit you've established.

Continue to make a trip to The Y part of your daily or weekly routine and weigh yourself on a regular basis. Have you set a goal for yourself or don't know where to begin? Ask one of our Fitness Staff for guidance! They can show you around the Fitness Center and point out machines that will help you achieve what you're aiming for.

## WOMEN'S SHELTER

For the past 10 years, your Grant County Y has collaborated with the Women's Shelter by encouraging members to drop off gently used toys, clothes, and blankets, or new shampoos, soaps, and other toiletries. If you have items that are ready to donate, please drop them off at the Front Desk.

A big thank you goes to all who have been bringing in donations for the Woman's Shelter. We have been calling them on a regular basis to make a pickup due to the generosity of our members. This act of service falls in step with our focus for Social Responsibility. Thank you for giving back and helping support your local neighbors.

**MORE CHRISTMAS PICTURES!**



1. Live Y'ers Christmas Children at the end of the show.
2. Zoey praying during *I Can Only Imagine*
3. Our 3 Wisemen: Sir, David, & Max

1. **The Reindeer:** *Back:* Jayden, Jaelyn, Noah, BreShaun, Ashton *Middle:* Kane, Kevin, Tyler, Khainen *Front:* Lane, Payton
  2. **The Angels:** *Back:* Kadance, Natalie, Holly, Mallory, Sydney, Tabitha, Zoey *Middle:* Macy, Maylen, Kaitlyn, Trinity, Angelica, Gillian, Anyssa, Sable *Front:* Breasia, Kaitlyn, Andrea
  3. Stevie
- Mary and Joseph:** *page 2* Nolan and Zoie