

HELPING YOU LIVE BETTER



A Newsletter for YMCA Members and Friends

DECEMBER, 2018

WELLNESS CENTER EXPANSION

MORE SPACE FOR YOUR WELL-BEING

Soon, you will have more space to exercise and improve your well-being. The Y's Wellness Center expansion is almost complete. This 2,000 sq. ft. addition is due to a generous gift by a member with a vision: provide more space for members to stretch, lift weights, engage in floor-based exercises & meet their fitness goals.

This addition will give you more space for what you need in your fitness routine. When we open in January, our initial plan is to have this be an open space with a "studio feel". Plans include a ballet bar for balance, mirrors for proper form, light dumbbells & pre-loaded bars for strength training, wall-mounted TRX for core work, mats for floor exercise & space for movement.

We are also pleased to welcome OhioHealth as a partner for physical therapy & other services. OhioHealth will have a 250 square foot room for their use along with a greater presence with physical therapy in the Wellness Center. This is an expansion of our current physical therapy partnership. Together, we are committed to helping everyone in Marion be as healthy as they can be.



IMPORTANT DATES

Tuesday, Jan. 8 7:45 am—3:00 pm Wellness Center closed to move equipment & prepare for opening; reopens at 3:00 pm Jan. 8

Thursday, January 10 11:30am Ribbon Cutting

Dates are subject to change based on final weeks of construction. We may also close sections or entire Wellness Center for painting. Please watch our website, page on Facebook & posted in the Wellness Center for any changes. We will do our best to give you as much advanced notice as possible.

YOU ARE INVITED TO THE RIBBON CUTTING JANUARY 10 11:30 AM.

subject to change if we experience final construction delays