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CORNING COMMUNITY YMCA Spend Quality Family Time

[CORNING, 1/31/17] – The YMCA of Greater Rochester, Corning Community YMCA Branch offers Programs for Families starting in February. Family time at the Y is about giving families as a unit, and as individuals, the opportunities to deepen relationships, develop new skills and interests, and improve their health and well-being.

Starting in February the Y will be offering Family Yoga on Sundays from 2:30-3:30 PM with instructor Mohamed Dahroug, in Studio A. There is no charge for Members and \$15.00 a family for Non-Members with access to the YMCA for the day.

Also, Family REFIT® will be held Mondays from 4:20-5:15 PM with instructor Margie Weber, in Studio A. Family REFIT® is a cardio dance fitness class infused with positive music and movements to burn calories while having fun. This is a high energy class that uses a variety of music to get you moving. No previous dance moves or skills required! Beginners welcome! There is no charge for Members and \$64.00 for Non-Member family.



The YMCA of Greater Rochester Corning Community YMCA branch is a 501(C) non-profit organization in the Corning Community. The Y is a cause-driven organization that is for youth development, healthy living, and social responsibility. To learn more about the Corning Community YMCA visit their website at www.RochesterYMCA.org/Corning or call 607-936-4638. The Corning Community YMCA is located at 127 Centerway, Corning, NY 14830.

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