



YOU BELONG AT THE Y.

The Y.™ For a better us.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NORTHFIELD AREA FAMILY YMCA

August 2021 Newsletter

FAMILY AND FITNESS TIME MADE EASY

DAY PASSES

Day passes are back! Not sure if you're ready to join? Try us out for \$5 (child) / \$7 (adult) / \$12 (family).

MEMBERSHIPS

We look forward to having you join or rejoin the YMCA. Youth, Adult, Family, and Family Plus are all options. Click [here](#) for more details or stop in for a tour.

YOUTH PROGRAMS

Information regarding new youth programs will be released on August 28th at Healthy Kids Day.

CHILD WATCH

Bring your kids to the Y -- you get to work out and they get to have fun! Our Child Watch program is available to kids ages 6 weeks to 9 years and is filled with age-appropriate games, activities, books, and fun in a safe environment. Child Watch is available for all members. Read more [here](#).

Child Watch hours:

- Monday – Thursday: 8:15–10:15 am and 5:00–7:00pm
- Friday: 8:15–10:15am
- Saturday: 8:15–10:30am

Healthy Kids Day 2021

This August, we are excited to provide an opportunity for the community to gather together and help launch a successful school year! Join us at the Northfield Area Family YMCA from 9am–noon on **August 28th** to celebrate Healthy Kids Day 2021. This year's theme is Recipe for a Healthy Kid. Families like yours will find fun and free indoor and outdoor activities, including a fun run ([registration](#) required), a scavenger hunt, interactive games, bounce houses, booths featuring local businesses and nonprofits, giveaways, and pool and gym activities.

You will also be the first to hear about YMCA youth programs being launched this fall! The event will be held rain or shine, and everyone is welcome.



Fun Run Details

- 5k and 2k
- 10am start at the Y
- Kids 12 and under run free! \$20 registration fee for ages 13+
- Finisher medal and t-shirt for participants (while supplies last)
- Register [online](#) or on the day of the event

Cardio Equipment Refresh

We are excited to announce the dates of the arrival of our new equipment: August 23rd and August 24th! The equipment installation will happen between 10am and 3pm on those days. We will not need to close the Wellness Floor, so don't worry about missing out on your regularly scheduled workouts. Just know that there will be a little extra movement going on by the elevator and around the Wellness Floor during those times.

We will be getting new treadmills, ellipticals, stair climbers, rowers, Octanes, and two new half-racks in our free weight area. The consoles on the cardio equipment will be the same, so you won't need to learn a whole new system -- you just get to enjoy brand new equipment with zero miles on them! Our Northfield YMCA mobile app will continue to link to the new machines, so your fitness tracking and goals will go uninterrupted. Email anne@northfieldymca.org with any questions.

SPOTLIGHT ON GROUP EXERCISE CLASSES

Member Story

Member Sara Tetreault has lived in Northfield for 20 years and chose the Y because of its versatility. Members can work out in the Wellness Center, walk the track, take group exercise classes, swim, and more. "When I first came to the Y I only used the treadmill area, weight area and track," Sara said. She particularly enjoys going on walks with friends on the track in winter. But within the last year, her husband introduced her to the group exercise classes, and she now participates regularly in kettlebells and RIP. "It had been a while since I had worked out like that and I found that I was comfortable at a beginner level! The instructors are great at making the classes accessible for all." Anyone 13+ can attend these classes, regardless of skill level, and engage in healthy living in a fun and supportive setting.



"My experience has been great," continued Sara. "For those who aren't members, I would say join! There is such a variety of ways to work out, they show great care for their members and it's a great value!"



CURRENT OPPORTUNITIES

This August, relieve stress, stretch your body, and quiet your mind in our Yoga I, Slow Flow, Vinyasa Flow Yoga, and Restorative Yoga classes. We are thrilled to welcome 3 new instructors to our team this month, and are so excited about the addition of barre classes in September! There are great options for people at any fitness or experience level.



Your access to group exercise classes comes free with your active membership. Register online for classes and read about class descriptions [here](#).

Have any questions or need help finding the right class for you? Email Group Exercise Coordinator Suzanne Donkers: grouplex@northfieldymca.org.