



**FOR IMMEDIATE RELEASE:
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Fit Family and Friends Program Returns to Greensburg YMCA

GREENSBURG — Nutrition, mental wellness, drug addiction, and fitness are all major concerns for the modern-day family.

These topics and many others that impact family wellness will be covered when the Greensburg YMCA re-launches its six-week Fit Family and Friends program, beginning Jan. 17 through Feb. 24.

"This Fit Family and Friends program was developed to help families engage in interactive activities that deal with issues which are seriously impacting families today," said Scott Brown, director of Sports and Wellness for the Y. "Not only are the classes educational and important, but we make them fun for the families, while providing an opportunity for families to gather as a unit and interact with other families."

The six-week program meets twice a week (Tuesdays and Thursday) from 6-6:50 p.m. The Tuesday classes are in-person at the Greensburg Y, while Thursday sessions are virtual.

Following is the schedule for the program (are subject to change):

- 1/17—**Spin to Win:** Take the cycling-based class with spin instructor Debby King.
- 1/19—**Get in the Habit:** Learn how to improve everyday wellness with Brenda Willett.
- 1/24—**All Wet:** Get in the pool with YMCA aquatics director Kris Peters and learn about the benefits of swimming.
- 1/26—**Home Remedy:** Certified personal trainer Jessica Gardner demonstrates bodyweight workouts that can be done anywhere.
- 1/31—**Get Pumped Up:** This class mixes weight training and aerobic activity with Les Mills Body Pump instructor Karen Wahl.
- 2/2—**Nutrition and You:** Let's talk healthy eating with nutritionist Talia Follador.
- 2/7—**Catch the Wave:** Learn to play pickle ball, perhaps the fastest growing sports in America, with YMCA sports and wellness director Scott Brown.
- 2/9—**Opioid Crisis:** A frank discussion about what kids have to navigate today with YMCA sports and wellness director Scott Brown, author of "Hope & Heartbreak: Beyond the Numbers of the Opioid Epidemic."
- 2/14—**Lift and Learn:** Certified personal trainer Jessica Gardner shows participants how to properly use weights and how to get the most out of that training.
- 2/16—**Dinner is Served:** Cook a healthy meal with nutritionist Talia Follador and enjoy it after class.
- 2/22—**Feed Your Soul:** Take restorative yoga with Brenda Willett, whose class caters to all yoga participants, including those trying it for the first time.
- 2/24—**Build the Foundation:** Review the basics of exercise with certified personal trainer Jessica Gardner.

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Greensburg YMCA • 101 South Maple Avenue, Greensburg PA 15601 • 724-834-0150

www.greensburgymca.org

add one...greensburg y launches fit family and friends program

Pricing is based on minimum of 1 adult/1 child and maximum of 2 adults/2 children. Cost for the entire series is \$110 per family (members) and \$170 (non-members). Individual sessions are \$10 per member families and \$15 per non-members. An extra charge of \$10 for any additional youth.

For more information and to register for the event, go to www.greensburgymca.org or contact Brown, at 724.834.0150, ext. 113, or email him at s.brown@gbgymca.org.

The Greensburg YMCA is a non-profit, charitable organization open to all people, regardless of age, sex, race, religion, ability or income. Incorporated as a non-profit by the state of Pennsylvania in 1890, our mission is to put Christian principles into practice through programs that build a healthy spirit, mind and body for all.

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