



**FOR IMMEDIATE RELEASE:
Sept. 26, 2022**

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Greensburg YMCA Announces New Promotion for October and Yoga Class

GREENSBURG — The Greensburg YMCA has announced a new membership promotion for the month of October in addition to adding a new group exercise class to its programming.

The October Pay the Day promotion offers a discount on new membership Join Fees. The promotion works like this: From October 1-31, the Join Fees on new Y membership during this period are adjusted according to the day you join. For instance, on October 1, the join fee is \$1...on October 2...the fee is \$2 and so on, through Oct. 31. The sooner you join, the bigger the savings. Generally, regular Join Fees are \$50.

"The Pay the Day promotion has always been a Y favorite," said Debby King, Membership Director. "It adds a little competition to prospective members and seems to be an attractive incentive."

Meanwhile, the Y has also launched a new, noon yoga class, starting Tuesday, Oct. 4. Led by instructor Brenda Willett, the classes will be held Tuesdays and Thursdays from noon to 1 p.m. in Studio A.

The classes are free for members and \$5 per class for non-members.

"We have a dedicated group of professionals and others who work out here around lunch," Scott Brown, Director of Sports and Wellness at the Y. "Yoga has been something we have wanted to bring back for them and others who are looking to relieve a little stress while getting a good workout."

For more information on the yoga class, call Brown at (724) 834-0150, Ext. 113 or email him at s.brown@gbgymca.org.

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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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