



Greensburg YMCA THIS MONTH AT THE Y MARCH 2024



MEMBER APPRECIATION

Thank you for being a part of our Y Community! Member Appreciation Day is Tuesday, Mar. 19. Stop by the Welcome Center for a healthy snack.

COFFEE & CONVERSATION

Join us for the next Coffee & Conversations on Friday, Mar. 8 at 12:15 pm in our lobby. This month, we will be getting to know our community. Our guest will be Big Brothers and Big Sisters of the Laurel Region. Stop by to learn more about this wonderful organization and possible volunteer opportunities. Coffee and light refreshments will be available. Open to all.

FAMILY FUN NIGHT

This month's Family Fun Night will take place on Friday, Mar. 15 from 5:30 –7:30 pm. We'll be hosting Big Brothers and Big Sisters of the Laurel Region. Join in the fun! We'll have crafts, snacks and heart-pumping activities in the gym. Free for members/\$5 for nonmembers.



LIFEGUARD CERTIFICATION COURSE

Our next lifeguard certification course will be held here at the Y on Mar 22, 23 & 24, 2024; \$200/member and \$275/nonmember. We're hiring -become one of our lifeguards and only pay \$100.

SPECIAL OLYMPICS VOLUNTEERS NEEDED

Special Olympics is coming to our YMCA on Mar. 23 and we need volunteers. If you would like to help, please email Kris Peters at k.peters@gbgymca.org.

NEW WELLNESS ORIENTATION TOUR

Our Wellness Orientation Tour is designed to empower you with the knowledge and resources needed to make the most of your membership. It's an excellent opportunity to ask questions, connect with fellow members, and embark on a journey toward a healthier and happier lifestyle. If you are interested in finding out more, contact Brenda Willett at b.willett@gbgymca.org, or visit www.greensburgymca.org to

MARCH MADNESS – NEW GROUP EXERCISE CLASSES

This March, we will be increasing our group exercise class offerings. We'll add new dance and senior classes and more cycling and Les Mills classes. There's something for everyone. The new schedule starts on March 4. Take one of the classes below and join the madness!

Les Mills BODYPUMP Express - Mon., Wed. Studio A, 6:00 – 6:45 am

Healthy For Life – Mon., Wed., Fri., Gym, 9:00- 10:00 am

Dance Fitness - Mon., Wed., Fri., Studio B, 10:30 – 11:15 am

Cycling Class – Tues., Thurs., Studio B, 6:30 – 7:15 pm

PRICE CHANGE FOR PICK-UP SPORTS AND DROP-IN GROUP EX CLASSES

Effective Mar 1, pick-up sports and drop-in group exercise classes will increase to \$10/session/class. Multiple class/Drop-in passes are available at the front desk – buy 4 and get the 5th class free.

FOR MORE INFORMATION ON ANY PROGRAMS OR EVENTS, PLEASE VISIT
greensburgymca.org or call 724-834-0150