



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**NORTH SUBURBAN
YMCA**
2705 Techny Road
Northbrook, IL 60062
www.nsymca.org

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FOR IMMEDIATE RELEASE

North Suburban YMCA Provides Classes and Community Spirit for Seniors

Northbrook, IL: March 2015 – The North Suburban YMCA embraces its mission to serve the entire community with programs that enhance healthy living and personal enrichment. That commitment includes a growing population of active older adults who come to the Y for a wide variety of reasons. For them, the Y offers fitness programs tailored to their particular needs as well as opportunities to explore new activities in a social setting with other lifelong learners.

Centrally located in Northbrook at 2705 Techny Road, the NSYMCA includes a full range of exercise options in its recently-renovated 80,000 square foot facility. A six-lane indoor pool is available for lap swimming, in addition to low-impact water aerobics programs that improve cardio health while protecting joints. In the Y's exercise studios, participants of all ages enjoy cardio, cycle, Zumba, and yoga classes, including specially modified classes for seniors. The Y's state-of-the-art fitness center provides all the equipment needed to maintain and improve strength, with personal trainers on hand to give specialized guidance. For those who enjoy some competition with their fitness activities, the Y offers racquetball, handball, pickleball, and basketball programs for all ages.

In addition to physical fitness, the Y also offers programs to keep seniors active mentally, creatively, and socially. The Y's visual arts program includes a number of adult classes in watercolors, clay, and other media. The social element of the classes enhances their creative enjoyment: the Y now offers evening "Craft & Sip" classes where participants work on a project while enjoying their favorite BYOB wine or beer. Outside the art studio, active seniors can check out adult dance classes including ballet, tap, ballroom, and even bellydancing.

Most importantly, the Y is a community center that brings together all generations for the common good. Seniors at the Y see their neighbors in class, share a cup of coffee with friends in the sunlit lobby, and participate in special events throughout the year. Those who become members enjoy special benefits including free fitness and yoga classes, discounted program rates, early registration access, and much more. The Y also offers financial assistance for participants in need, to ensure that everyone in the community has access to its programs.

Registration is currently open for Spring Session classes at the North Suburban YMCA. Plans are also underway for the Y's first Senior Health and Wellness Day, a free community-wide event scheduled for May 27. To learn more, visit www.nsymca.org, follow the North Suburban YMCA on Facebook or Twitter, or call 847 272 7250.

About the North Suburban YMCA

The YMCA is a not-for-profit entity and relies on donations to make services available for all families and individuals in its 15-city region. All board members are volunteers, who donate their time, talents and financial resources. Located at 2705 Techny Road in Northbrook, the YMCA has served the northern suburbs of Chicago for over 45 years. The Y is about youth development, healthy living, and social responsibility, providing programs and services that address the needs of our diverse community and are accessible to all. For more information or to make a donation, contact Barb Flanagin at 847-272-7250 or bflanagin@nsymca.org, or visit www.nsymca.org.