



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
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**NORTH SUBURBAN  
YMCA**  
2705 Techny Road  
Northbrook, IL 60062  
[www.nsymca.org](http://www.nsymca.org)

**For More Information Contact:**

Nancy Gerstein  
[nancy@cmacreative.com](mailto:nancy@cmacreative.com)  
847-401-0384

**FOR IMMEDIATE RELEASE**

## **NSYMCA Kicks Off the 2022 “Try the Y” Program in April**

**Northbrook, IL: April 2022** – As part of its commitment to serving the community, the North Suburban YMCA is launching its inaugural “Try the Y” program in April. The free initiative offers community members the opportunity to experience a variety of classes to help them maintain an active, healthy lifestyle.

During the “Try the Y” weeks throughout 2022, the Y will offer a variety of fitness classes for one week using a free 7-day Y Pass. Participants will also have full access to the Y programs and services including its 60+ fitness classes, indoor swimming pool, racquetball courts, open gym, and its spa area with steam room, sauna and whirlpool.

“We understand that mental and physical fitness is an individual journey, and one size does not fit all. This campaign gives participants the opportunity to try different aspects of the Y to see what works best for them,” explained Megan Vazquez, NSYMCA Senior Director of Wellness.

To kick off its first “Try the Y” week April 18-24, the Y is highlighting Les Mills classes featuring RPM (Cycle), GRIT (HITT), and a series of strength & cardio workouts like BODYPUMP, BODY COMBAT, BODYFLOW and CORE & TONE. Les Mills fitness classes fuse science, movement, and music with the latest exercise trends. Classes are available in different exercise styles and intensities, and options are given to make the novice to expert feel comfortable and successful.

The 2022 “Try the Y” Schedule Includes:

- Les Mills Week 4/18-4/24
- Cycle Week 5/15-5/21
- Mind & Body (Yoga & Barre) & Strength Week 6/19-6/25

- AQ Aerobics & Les Mills Week 9/11-9/17
- Cardio Strength & Adult Fitness Week 10/9-10/15

“We’re so ready to re-engage our community to commit to mental and physical wellness,” added Vazquez. “From cycling to yoga to cardio, the ‘Try the Y’ initiative is great way for the community to experience what an incredible healthy resource the Y is. We’re here for the entire community whether you’re a member or not. We invite everyone to bring a friend and try some new classes for themselves!”

Raffles and prizes such as water bottles, towels, and chances to win a free month of membership will be given to “Try the Y” participants. The Y will also waive its joiner’s fee to non-members who join during the 7-day time span.

For more information on the NSYMCA “Try the Y” initiative, contact Megan Vazquez, at [mvazquez@nsymca.org](mailto:mvazquez@nsymca.org) or visit [nsymca.org](http://nsymca.org) or call 847-272-7250.

### **About the [North Suburban YMCA](#)**

The North Suburban YMCA services Northbrook and 14 surrounding communities with programs and tools that help its residents become healthier, more connected, and confident, ensuring that everyone, regardless of age, income, or background, has the opportunity to learn, grow, and thrive. The NSYMCA focuses on Youth Development, Healthy Living, and Social Responsibility and is a charitable organization, inclusive and welcoming to all in our community. Learn more at [NSYMCA.org](http://NSYMCA.org).



**Caption:** *The North Suburban YMCA kicks off its “Try the Y” program on April 18 – 24.*