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FOR IMMEDIATE RELEASE

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YWCA of York to Kickoff Fitness Center Re-opening

York, PA –Construction of the new fitness center is finally complete and the YWCA of York will be holding a week-long grand reopening celebration for the community to visit the new state-of-the-art facility starting Monday, July 13 to Saturday, July 18.

The festivities will begin on Monday with a ribbon cutting ceremony at noon. During that week, free tours, chair massages and fitness assessments will be provided to all visitors. Prospective members can sign up to win a three-month fitness membership. In addition, raffle prizes, which include memberships, t-shirts and gift cards, will be given away to attendees.

Along with working out in the new fitness facility, members can continue to participate in any of our fitness programs or classes. With a wide array of exercise machines, there is also a diverse selection of classes from spinning to boot camp to Zumba. Another popular program offered is Pilates, which will now take place in the new Pilates studio. Those interested in knowing how the equipment works, can sign up for a one-on-one training session. In the fall, Yworks is planning to add more classes to the schedule including a Yoga In the Water class. So please keep your eyes open for those changes in the next few months.

To celebrate the new fitness center, we are offering a free one-month membership until the end of July. Any new members, who sign up that week, will receive 15% off yearly memberships.

Come out and join us for a fun-filled celebration as the YWCA gears up for the new fitness center reopening to the community. Any questions or for more details, call Tara Neff, fitness center director at 845-2631, ext.131. Visit www.ywcaofyork.org for times and complete event schedule.

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