

MEMBER NEWS



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ORTHMAN COMMUNITY YMCA

103 E. 10th St. Lexington, NE

September 2014

www.ymcaoflex.com

MONTHLY MEMBERSHIP UPDATE

BECAUSE OF THE Y

MARGRITZ FINDS FRIENDLY STAFF, VARIETY OF EXERCISE AT YMCA

It was 40 years ago when Julene Margritz's doctor gave her three choices: cut back on salt, start exercising or take medication for her high blood pressure.

She chose the exercise, and it worked.

"I kept exercising because I could see the benefits," Julene said.

The benefits include a lower blood pressure without medication, strong bones and a clear mind.

"Exercise keeps my mind clear," she said. "I think that's very important."

And now, at the YMCA, Julene, 75, exercises seven days a week and has found that she loves a variety of exercises, and she loves the Y staff.

For a long time Julene walked the country or city roads for exercise. Then, she joined a fitness center in Lexington. When that fitness center closed, Julene wasn't happy about it.

"I was afraid the Y would be big and unfriendly," she said. But, she found it's just the opposite.

"It's very, very friendly and people are very helpful to you," she said. "I feel very much at home there."

In fact, when Y staff see her coming in for her 8:30 a.m. workout, Julene said they turn the fan on for her since they know she likes it.

When Julene joined the Y, the staff taught her how to use all the equipment, including the weights.

Now, each morning, Julene spends 1-1/2 hours exercising at the Y. She has plenty of options, and she enjoys the variety by spending time on the elliptical



Julene Margritz

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BUILDING HOURS

M-Th: 5:30 a.m.-9 p.m.

Fri: 5:30 a.m.-8 p.m.

Sat: 8 a.m.-4 p.m.

Sun: 1-5 p.m.

DID YOU KNOW

YMCA Reciprocity:

Your YMCA membership reciprocates to other YMCAs across the state and country.

So, there's no need to take a vacation from your workouts when you are on vacation.



Just take your membership card with you when you travel and show your card to gain admittance at most YMCAs.

Just another great benefit of being a member of one of 2,700 YMCAs around the world in 10,000 different communities.

UPCOMING PROGRAM

Stamp Camp:

Grades K-5

Oct. 30—Dec. 11

Thursdays, 5:30-6:30 p.m.

Fee: \$18 m./\$25 nm.

Location: Orthman Y

Children will enjoy creating and mailing greeting cards and other crafts. Supplies provided.

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machine, the stair-stepper, the stationery bikes and the weights. She even recently tried a group cycling class on Friday mornings and has found that she likes that, too.

"I think I'm going to keep that up," Julene said of the cycling class. "I like that very much."

She also faithfully attends yoga class, which she said made it possible for her to bend and move to tend to her garden this past summer.

Julene said she is looking forward to the indoor walking track included in the new Orthman YMCA that will open later this fall.

"The Y is going to give me the opportunity to walk again without the fear of falling," she said.

She encourages others to join her at the Y.

"I think lots of people should use it (the Y) because it's good for their health," Julene said. "We are made to move. And, it's better than paying a doctor's bill."



ONGOING PROGRAMS

Wellness Consulting:

Have you ever wondered how to fit exercise into your schedule, what strength or toning exercises to do, how long or how often you should do cardio or if you should switch up your routine? Wellness Consulting will help beginning and intermediate exercisers develop a workout plan and routine to meet their goals and fit into their busy schedule.

Based on individual goals, experience levels and schedules, plans will be modified once a month. This program will give the support, guidance and tools to set health seekers up for success.

Fee: \$10/month
Register anytime

Group Exercise

Did you know that group exercise classes are included in your Y membership? Join in anytime that works for your schedule. Classes are offered at various times each day. Classes include:

Butts & Guts: To help tone your mid-section, lower back and glutes.

3-2-1: This class is structured to have 3 min. of strength, 2 min. of cardio and 1 min. of abs.

Super Circuit: Stations that incorporate both strength and cardio exercises.

Funky Beatz: Sizzle up a sweat and work your core while dancing.

Group Cycling: Instructors lead you through a series of hills and flats for a great cardio workout.

Gentle Yoga, Yoga Flow and Power Yoga: Classes for beginners and advanced yoga participants.

For full class descriptions and schedules, visit the Y or the web site at www.ymcaoflex.com.

NEW BUILDING UPDATE

Floor work begins, no open date yet

Work on the new Orthman Community YMCA is progressing quickly. Workers began installing the flooring in the gym, wellness center and walking track.

Finishing touches are being completed in the fun Child Watch area. The area will feature a large play loft and separate zones for babies and older children.

The tile has been completed in the fireplace in the Social Lobby area and restroom stalls have been installed.



New Gymnasium



New Wellness Center