

This week the sun is shining, the snow is melting and everyone is feeling a little more revitalized. Last week when I was writing this column, the snow was falling out of the sky at a particularly fast rate. As the television sent out information of all the cancellations, the staff at the Auburn YMCA was answering the telephone with people asking if we were still open and running programs. Thanks to our committed staff, the answer was a resounding , “yes”, we are still here to serve the community. The snow didn’t stop people from coming into the Auburn YMCA and getting in their workouts, swim time or volleyball time, as well as the continuous basketball time. Joe Murphy, our camp director, stayed until closing as the building director. He told us it was steady all night. As the morning approached, we continued to keep open in spite of most schools being closed as well as a number of businesses. Kathy Fournier, who runs the front desk made it to the Auburn YMCA to open at 5am. Bill Brown, our maintenance director was here to try and clear out our sidewalks and entranceways as was his assistant, Rick. All of them, as well as Bill Stuart, one of our personal trainers, battled the elements at a very early hour to be here for our members. As the day progressed, more of our staff trickled in and we did have the facility open and running for our normal hours. The snow again did not deter many people from coming in to get in their workouts. Thank you to all of the staff who is committed to the Auburn YMCA and helps to ensure that we are always here to serve the community.

Our cardio room has 6 new pieces of cardio equipment which hopefully will alleviate some of our crowding. We have added 2 Cybex Octane ellipticals, two Cybex treadmills and two Cybex upright bikes. We moved some of our older equipment down to the Nautilus area in order to replace some of our older equipment down there. The Cybex Octane is a little bit different from our other elliptical machines but it certainly give you a nice workout using different muscles. Be sure to give these new machines a try when you go to the cardio room. It is nice to be able to mix it up in your exercise routine.

Speaking of mixing up your exercise routine. The Zumba class has begun and is going very well. We also have a great Pilates class at 7:30 which follows both Dance Workout Mania and a group cycling class. If you are feeling the mid week slump, come to any of these classes and get over the hump!

We continue to increase our membership proving to us once again that we offer a lot for the price that we charge for membership as well as a supportive and friendly staff who cares for our members. Make it a priority to become a member and see all that we have here at the Auburn YMCA.