

January 2, 2012

Welcome 2012!

Happy New Year to everyone and may you all have a healthy and safe New Year. We are looking forward to members and programs for the Auburn and Skaneateles YMCAs with many possibilities open to a variety of people. Most of all we hope that we are able to build communities within our facilities to promote our mission and values.



It doesn't seem possible but **Amy and Mena's Pajama Party** is only a month away from now. Mark your calendars, Friday, February 3 beginning at 6pm at the Holiday Inn. We will have lots of vendors, more than last year and offering a wide variety of products to interest everyone. We will also have massage therapists available for 10 minutes massages, some Zumba classes, a DJ and karaoke, and various activities throughout the night. The Holiday Inn is offering a special room rate for anyone that is going to the pajama party so call down there and make your reservations soon. It is going to be an awesome time with lots of fun for everyone. We look forward to everyone signing up.. after all, when have you ever not had fun with Amy and Mena?

As everyone makes their **New Year's Resolutions**, remember that the Auburn YMCA is now offering a free service to their members. We will weigh members on Mondays and keep a running record of weekly weigh in in order to help members achieve their weight loss goal. We have had many people tell us that just having the accountability is very helpful as they begin their weight loss journey. We will also set up an appointment for an exercise evaluation for members who are interested in getting the maximum benefit out of their workouts. Just check in with the staff at the fitness office and we will be sure to help you out. Remember, that if you are a new member or someone who has not used our Cybex circuit before, it is beneficial to make an appointment for an orientation in order to acquaint yourself with the correct usage of each machine. Be sure also to check out our updated group exercise and group cycling schedule for January 2012 as there are some changes that will be made. TRX is starting to fill up fast with registrations so be sure to register as soon as possible for that program which begins the week of January 2. We are also offering more time slots for anyone who is interested in taking group personal training (formerly Future Body). If you are interested in getting personal training at an affordable price, check at the member service desk for any open time slots.



Of course our New Year's resolution is to welcome more members to the YMCA. We want everyone to understand the work that we do in our community and how we support families, individuals and youth for a variety of programming. Our goal is to make our facility and programs affordable for all. And of course we love to build out community one person at a time. It is gratifying when you know that you are able to help someone work toward a healthier lifestyle or even just a more positive self perception by the work that you have done to make them feel welcome, safe and part of our community. Please be sure to visit us in the New Year so that you may see first hand all that we have to offer for everyone.