

# STAY CONNECTED



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## MANITOWOC-TWO RIVERS YMCA

February 4, 2021 MEMBER NEWSLETTER

Happy Heart Month, Y Members!

It's the month of Valentine's Day, of course, and it's always of utmost importance to take good care of the ones we love this month and always; but it's also a month dedicated to reminding us all to take good care of that precious organ that pumps blood and life throughout our bodies our whole lives long.

What does that look like for you? Some of us are just now recalling our new year's resolutions (oh, right! I was going to eat more vegetables!); others are ready to rattle off their training routine for a spring marathon; still others are wondering, "Does walking the dog count?" Yes, yes, and yes to all of it and so many other ways, as well. Healthy living is not a mystery to any of us—we all know the "more vegetables, sleep and movement; less unhealthy fats, stress and sugars" rules. We get stuck not from lack of knowing, but from getting caught up in trying to do too much or from feeling overwhelmed by new and oftentimes conflicting information.

When it comes to something as important as your heart, we're here to help. **Your Y is here for you** at *this* stage of *your* journey, whatever that looks like. Whether you're recovering from knee surgery or embracing sobriety; whether you're training for a triathlon or getting back to it after having a baby; whether you're looking to lose pounds or gain serenity, whether you're 17, 45 or 92... the Y is here for you so you can keep your heart beating strong and healthy for many blessed years to come.

Sign up for swim lessons (yes, adults, too!). Take a family pickleball lesson. Try our ON-DEMAND studio and stream a yoga class. Check out why everyone raves about Group Power. Meet a friend in the lobby and walk our gorgeous lakeshore trail. Relax in the hot tub. Walk the new track. Shoot around with the kids. Find something you love with all your heart! Happy Heart Month, everyone; we look forward to seeing you at the Y.

### MILITARY MEMBERSHIPS

The Y recognizes the many sacrifices made by military personnel and their families to ensure our country is protected. As our way to thank you, we will waive the joiner fee for all veterans and active military personnel.

We also offer veteran single (\$30 per month) AND family (\$50 per month) memberships to those registered with the VA and who provide an ID card upon registering. If qualified, military memberships may be available through your military branch at no cost to you. **THANK YOU** to the Annual Campaign for supporting the Veterans discounted membership.

*Note: We will accept form DD214 as proof of being a veteran.*

## COMING SOON

Watch for more information on Indoor Golf and Bridal Bootcamp – coming soon to your YMCA!



## ANNUAL CAMPAIGN

Click the image below to learn more about this year's Annual Campaign, including the raffle packages you could win!

the **Y** WHERE EVERYONE IS AN M.V.P.  
**MOST VALUABLE PERSON**

**Every \$50 donation**

is a chance to win, donate today!

Drawing to be held on June 25, 2021.



**CLICK TO DONATE TODAY!**

YOUR CHANCE TO WIN 1 OF 3 MVP PACKAGES VALUED AT OVER \$1,000 EACH!

## COMMUNITY BLOOD DRIVE

The YMCA is hosting a blood drive on February 13 from 9:00am to 2:00pm. Please make your appointment TODAY!

For an appointment, please visit [redcrossblood.org](http://redcrossblood.org) or call 1-800-RED-CROSS (1-800-733-2767).

## GIVE

Your donation helps us ensure that *every* child—no matter his or her family's financial situation—has access to character-building Y programs. Thank you for helping us nurture the potential of EVERY child. Click [HERE](#) to donate!

Contact Noel Feider at [nfeider@mtrymca.org](mailto:nfeider@mtrymca.org) or (920) 482-1521 for more information.

FIND US ON:



YouTube



## WELLNESS

\*NEW IN 2021\*

- A **9AM CYCLING CLASS** has been added to the schedule on **Saturday** mornings
- A **CYCLING/INTERVALS CLASS** has been added to the schedule on **Fridays** at 7:30am
- **CREATE YOUR OWN SMALL GROUP EXERCISE CLASS** with the benefit of individualized attention. Classes are limited to a minimum of two participants and a maximum of six participants.



## WELCOME, MOLLY!

Please help us welcome Molly Wall to our Personal Training team!

"I am so very excited to be joining this team of personal trainers and to be a part of this awesome YMCA community! Some of you may recognize me from my other roles at the Y--I can be found in the child care center in the mornings and at the membership services desk on weekends.

Personal training is a very new path for me (I have been a stay-at-home mother to four children for the past 12 years!) but my interest and passion in the world of health and wellness has been growing for many years. Being a busy parent has made me very aware of the challenges that parents and families face when it comes to trying to remain fit, active, and healthy. I have a special interest in working with people who have the desire to raise healthy future generations. My favorite forms of fitness include running, swimming, and functional resistance training; feel free to stop me to say hi or ask me questions when you see me working out!"

- American Council on Exercise-Certified Personal Trainer
- Certified YMCA Strength & Conditioning Instructor

