



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MANITOWOC-TWO RIVERS YMCA

NOVEMBER 2021 MEMBER NEWSLETTER

Greetings, Y Members,

It's the season of thanksgiving, so allow me to be one of the first to say **THANK YOU**. Thank you for being a member of this great community of folks who show up to be together, support one another, and move ever forward on our journeys to wellness, no matter our starting point and no matter our goals.

As you know, it's a been a challenging year for everyone, and the Y is no exception. We're still only seeing about 75% of our members back in action, so we're asking you to help us invite new folks to visit our Y to see for themselves how Y membership improves all aspects of health— in spirit, mind and body. (And who among us doesn't need a lift in any or all of these ways these days?)

We did a *Pay the Day* and *Homecoming* promotion in October and next up is our Black Friday Special where we welcome nonmembers to purchase a Class Pass— a **12-visit punch card for \$49** that grants access to **any and all of our group exercise classes**— from Dance Fitness to yoga, Foam Rolling to Group Power®, Tai Chi to R.I.P.P.E.D. Rumble®. If they attend 8 or more classes by the end of January, they can turn in their punch card, we'll waive the joining fee, and they can continue to go to ALL classes— along with all the other benefits that come with Y membership. This would make a great gift— giving the gift of health to someone you love, a workout buddy to you, and a new member for our growing Y community! Everyone wins. See our folks at the front desk for more details.

Also, please take note of the Youth in Government story featuring Henry. Here is a kid who showed up to his Kindergarten career day dressed as the *President of the United States* and as a sophomore at Reedsville High, he is one of 50 students selected from *many hundreds* of students nationwide to be a 2022 Youth Advocate, participate in a four-month intensive civic leadership program, and attend National Advocacy Days in Washington DC in February. **Your membership makes programs like Youth In Government possible.** Thank you for helping us nurture the potential of every child and teen — the Henrys and the thousands more who show up at Y programs to learn a skill or two and end up with stronger characters and enriched lives. Thank you and Happy Thanksgiving to you and your family.

YOUTH IN GOVERNMENT

Our local Youth in Government representative Henry Pahlow is one of only 50 high school students selected from all 50 states to attend Y Advocacy Days in Washington D.C. in spring 2022. Henry is a smart, kind, charismatic teen, a good student, and a musical theater talent. Since showing up at his career day in *kindergarten* as the President of the United States, Henry has been clear on his goal to work as a civic leader one day.

Congratulations, Henry, you are well on your way and your local Y is so very proud of you!



NEW EQUIPMENT

We are excited we were able to update our older strength training equipment for our members. After considerable review, the Y selected the Precor series for the function and quality of design & construction. Thank you for being patient with us to complete this significant equipment upgrade.

Not sure how to use the new equipment? No problem, stop by the Membership Services Desk for a free orientation on our new equipment or grab one of our Personal Trainers in the Lifestyle Center.



TURKEY TROT

CALLING ALL TROTTERS! Registration is open for the Festival Foods Turkey Trot! Choose from virtual OR in-person or volunteer! Sign up today at www.festivalfoodsturkeytrot.com!

FALL PROGRAMS

The Fall 2 program session started Monday. It's not too late to register. Click [HERE](#) to view the program guide or head to www.mtrymca.org. Click [HERE](#) to register online or you can register in person at the Membership Services Desk or by calling 920.682.0341.

#GIVINGTUESDAY

#GivingTuesday is a global day of giving—where all of our gifts come together to create momentum and matches—and make a **BIG** difference. This year, #GivingTuesday is November 30, 2021.

First \$2M raised is matched by Facebook starting at 8:00am.

Every penny donated to your Y stays in our local lakeshore community.

We invest in our local families, and turn no one away thanks to you.

Do something **BIG** with us! Head to our [Facebook Page](#) on November 30 at 8:00am and join us for a **BIG** #GivingTuesday! Don't have Facebook? Click [HERE](#) to donate online or contact Julie Grossman at jgrossman@mtrymca.org.

Let everyone know you gave on social media and tag @ManitowocTwoRiversYMCA using the hash tags #GivingTuesday and #ForABetterUs.



NOVEMBER GROUP EX

Our November group exercise schedule, including weekends, is now available. We are happy to be able to add a second Studio Y class on Saturdays and two new cycling classes during the workweek! The most current schedule can be viewed here:

<http://mtrymca.org/groupexercischedule>

BLACK FRIDAY

MEMBERS...visit the Y on Black Friday and enter your name in a raffle to win a **FREE 30-minute personal training session!**

NONMEMBERS...stop at the Y on Black Friday and purchase a **GROUP EXERCISE CLASS PASS**. 12 classes for \$49 to be used by January 30, 2022. If you decide to join the Y, we'll waive your join fee when you present the pass! You may also call or purchase online.

'TIS THE SEASON



You may notice our lobby is starting to look a lot like Christmas! The **GIVING TREE** is up and ornaments on the tree have gift ideas for foster children in our community. Return unwrapped gifts to the front desk by December 1. **PLUS...**gift-wrapped bags of tennis balls with a treat for your furry friend are for sale for **ONLY \$5!**

HOLIDAY HOURS

We will be **CLOSED Thanksgiving Day** and will be open from 5:00am to 6:00pm on Friday, November 26. Have a Happy Thanksgiving!

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Big 

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