

Y Bits and Pieces

With the onset of cooler weather the Y starts to heat up. The first week of October is our annual member appreciation week and will include an Open House for all community members on Wednesday evening beginning at 5:00pm. All full-time staff will be available through 7:00pm to discuss membership, programs, scholarships and any other topic.

Another Les Mills Launch Week begins October 14th and will be a fall sampler allowing participants to get a taste of all the classes. The Y offers Les Mills cardio, strength, Yoga and cycling classes which are choreographed to music. These classes update every quarter and launches are offered to kick-off the new routines. The classes are open to members and non-members during launch weeks and a slot can be reserved by calling the Y or stopping at the front desk.

We have had a wonderful Farmer's Market season and still have 5 weeks to go. It is exciting to watch the change in produce as the season progresses. The last two performance weekends will be the Salem Men's Quartet providing barbershop music and the Upper Sioux Youth Drummers and Dancers. Performances are made possible by a grant from the Southwest Minnesota Arts Council and other local businesses. The market runs from 7:30 to noon each Saturday with performances from 9 to 11am.

The Y Board of Directors recently made a decision to renovate old office and meeting space into a dedicated Personal Training and Group Fitness headquarters. This space will add a number of new equipment pieces which are not currently available at the Y and add a level of privacy for individuals and small groups wishing to work on their fitness goals.

The Y has recently launched Year 2 of our Nationwide Campaign. In towns and cities across the nation Y's are seen as stand-alone facilities serving as a community hub for fitness, socialization, education and special events. What is often unseen is that the Y is a \$7.3 billion national organization with 20+ million members serving over 10,000 communities. Although independent, we work together to impact America's most pressing social and health concerns. The theme of this year's campaign is "For a Better Us" and it seeks to bridge divides and bring people together for the good of all. Watch for advertisements on major television networks in the coming year and support the Y in helping all of "US" in the Marshall area.