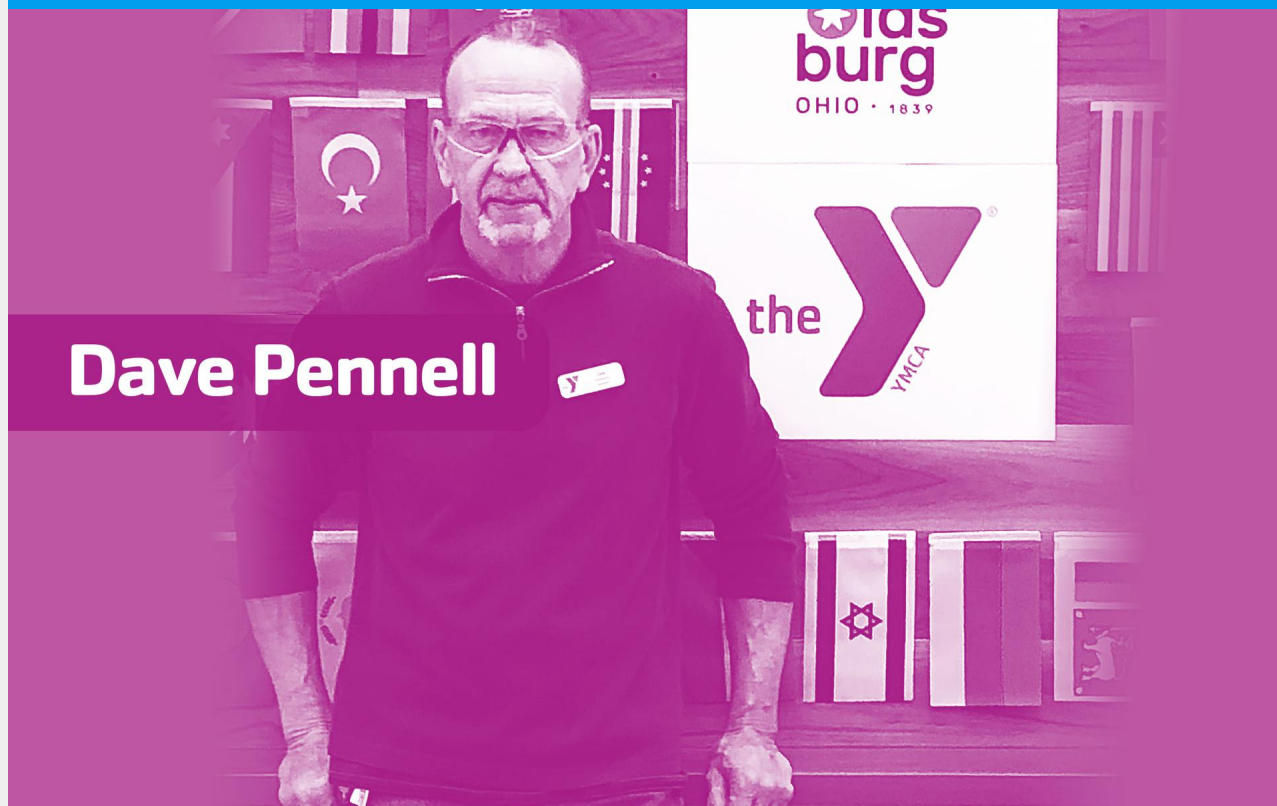


FEBRUARY 2021

REYNOLDSBURG COMMUNITY CENTER YMCA

**Dave Pennell**

staff spotlight

Dave Pennell is what we call a "jack of all trades." If anyone can fix it, Dave can! After serving 10 years in the military, Dave eventually found his way to the Reynoldsburg YMCA as a member of our facilities team where he has worked for the past year. He is a hands on type of guy and loves using his creativity to build unique items. His hobbies include woodworking, making wind chimes, painting, fishing, and camping.

I asked Dave what he likes about working at the YMCA, he stated that it is his dream job! He is a resident of the Huber neighborhood

and giving back to the community by working at a non-profit has been fulfilling. He loves the atmosphere and the overall friendly environment. Although he is often in the background, Dave is essential to our facility and his contributions to the branch do not go unnoticed. We are proud to have him on our team!

top ten young adult users!



- | | |
|---------------|-----------------|
| 1. Manuel L. | 6. Mackenzie S. |
| 2. Amy M. | 7. Jasmine H. |
| 3. Jeeva J. | 8. Dante C. |
| 4. Matthew C. | 9. Brandon C. |
| 5. Brandon K. | 10. Mikayla C. |



news & updates

Have you seen our wall of flags?

Dave added flags to commemorate the 118 countries that are home to the YMCA. How many can you name? Stop by the front desk and pick up a "Dave's Flag Contest" game sheet. You can win some cool Y Gear!

New Group Ex Classes

New classes have been added to our group exercise schedule.

Dance into fitness with our Zumba class on Mondays with Kris Chick at 7:15pm and Thursdays with Kevin Pack at 7:15pm.

Youth Conditioning & Iron Teens

Youth Conditioning and Iron Teen are programs designed to introduce youth, ages 9 to 15, to proper equipment usage and gym safety. During these sessions they will connect with one of our personal trainers to learn how to safely use the cardiovascular/strength machines & gym etiquette. Email Jonea, Jonea.Shade@ymcacolumbus.org, to sign up today.

Pickleball

Come learn the interactive game that is taking over the world! Lookout for info on our monthly pickleball clinics offered for beginners and then join our lively pickleball group every Monday and Wednesday from 9am-12pm. Please sign up at the front desk. **Space is limited.**

Swim Lessons are Back

Get ready to make a splash! New sessions for group and private swimming lessons will begin February 22nd. Register starting February 8th at ymcacolumbus.org/swimming/swim-lessons.

YMCA Teen Leaders Club

The YMCA Leaders Club is a great way for teens to meet new people, explore new skills and make a difference in your community. All youth 12-18 are welcome to join and take part in this fun and interactive program. The cost is \$10 and the program starts February 11. [Sign up online here](#). For further information please contact Nicouri at Nicouri.Bowman@ymcacolumbus.org.

We have extended our hours

- **Monday-Thursday:** 6am-1pm & 3pm-8pm
- **Friday:** 6am-4pm
- **Saturday:** 8am-12pm
- **Sunday:** Closed

Now Hiring a Nutritionist

We are looking for a registered nutritionist to join our team to provide nutrition counseling for members. All Interested parties should email Marcy Yanus at marcy.yanus@ymcacolumbus.org.



The Eldon and Elsie Ward Family YMCA is excited to invite you to a one-of-a-

kind experience this February! **Beginning Feb 4, join us online every Thursday for Connect 4 Change: 4 Weeks, 4 Causes, Impacting 1 Historic Community.** We'll explore our partnerships with Community Properties of Ohio, Columbus Urban League, and YWCA Columbus through powerful interviews with local families and program leaders. Then, tune in for our virtual finale event on February 25 at 6:00 PM as our leaders discuss a year of action to strengthen our Near East Side community. [Learn more and register for this free event today.](#)



next month

Pickleball Tournament

Put on your green and join us for our 1st annual St. Paddles Day Pickleball Tournament March 12 and 13. The cost is \$10 per team. There will be fun prizes for 1st place, last place, and best costume! Sign up at the front desk and see Justin for more information.



fitness challenge

Description of challenge

February is American Heart month. Help your heart by participating in at least

30 minutes of cardio a day, at least five days a week. Form a walking group with friends, try one of our nightly cycling classes, reserve a spot in the pool, or give pickleball a try. Your heart will thank you!



Reminder: Masks Required

Anytime members are not actively working out, they need to wear their mask. Examples include, but are not limited to:

- entering and exiting the facility
- cleaning equipment
- walking between exercises on the fitness floor
- all common areas - pool deck, locker room, etc
- while in between sets in the free weight and weight machine areas

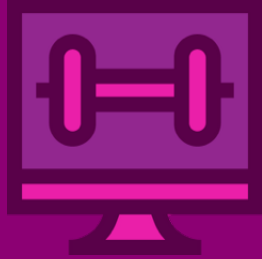
[How to Select, Wear, and Clean Your Mask](#)

Members are not required to wear their masks while on cardio machines, swimming or while engaged in activity in group fitness classes.

We want to hear from you!

How are we doing regarding safety? How has your experience been using our facilities? Do you feel safe? Has your health and wellness improved because we are open? Let us know!

How are we doing?




virtual ymca

Can't make it to the YMCA? No problem, our Virtual YMCA is always available to help you meet your goals, learn new things and participate in fun activities!


Workout at Home

Adults ages 50+


Kids & Families



Schedules & Reservations



Register for Programs



Suggestion Box



Download our free [mobile app](#).

REYNOLDSBURG COMMUNITY CENTER YMCA

1470 Davidson Drive | Reynoldsburg, OH 43068 | (614) 689-2040

We like to communicate with you in ways that work for you.