



**Erica Russell-Averette**  
Group Exercise Instructor



## group exercise spotlight

Which do you prefer...an early morning, afternoon, or evening workout? For our members who are morning people, we'd like to introduce you to our early morning Group Exercise Instructors, **Erica Russell-Averette**.

Erica has been with the YMCA since October of 2016. She is currently teaching our Monday morning 5:45 to 6:15am Les Mills GRIT Series class. She is also a group fitness instructor at our Reynoldsburg YMCA teaching Body Pump, Body Flow, and Line Dance.

Erica's GRIT class is a 30-minute, high-intensity workout. This class comes in 3 varieties: Cardio, Strength, and Plyo. You'll find Erica to be a highly-motivated and inspirational coach.

When asked, "Why work at the YMCA?", Erica responded with "I love working for the Y because it is so family friendly and full of activities for the entire community."

Outside of the YMCA, Erica works in human resources. She likes to spend her time exercising (obviously :), being outdoors (walking or attending events), reading, and playing word games.



**Kim Behn**  
Group Exercise Instructor

Kim has been with the YMCA since March of 2019. She currently teaches our Les Mills SPRINT class from 6:00 to 6:30am on Tuesdays and our Les Mills Core class at 6:00 to 6:30am on Thursdays. She has been teaching fitness classes for over 6 years.

Les Mills SPRINT is a 30-minute high-intensity workout using an indoor bike to achieve fast results. We are sure that you'll recognize Kim's passion for teaching fitness classes when you take her SPRINT class.

Les Mills CORE class is a 30-minute class that helps you build core strength, improve functional fitness of your abs, mid-section, and glutes. Kim will guide you through a workout that targets everything from your mid-thigh to your shoulders.

Kim fully believes that "without your health, nothing else matters. You have to make time to take care of yourself so that you can do everything else in life that

matters.”

When not exercising, Kim works full-time in IT Security. She enjoys scuba diving and traveling with her family.

[Schedules & Reservations](#)

## top 10 young adult scans!



**Austin W** 19  
**Ronald W** 19  
**Addison I** 16  
**Corey H** 14  
**Connor L** 14

**Arthur C** 12  
**Blake Z** 11  
**Jenna S** 9  
**Brittany W** 9  
**Jesse H** 8



## news & updates



## Toddler Time

**Wednesdays 9-10am Starts October 6**

Drop in to the Gahanna YMCA for some fun in the gym! Toddlers ages 2-5 are welcome to join, with a parent within arms reach at all times. Cost is \$2 for members and \$5 for non-members. Questions? Contact Susan at [susan.sedlacko@ymcacolumbus.org](mailto:susan.sedlacko@ymcacolumbus.org)



## The Wizarding World Of The Gahanna YMCA

**October 16, 6:30-8pm**

Calling all witches and wizards! Grab your robes and head to the Gahanna YMCA for a night of magical family fun, including wand making, potions classes, fortune telling, quidditch matches, and so much more! Cost is \$20 for

a member adult/child pair and \$25 for a non member adult/child pair. Extra family members are \$7. Recommended for ages 6-12. Pre-registration is required. Questions? Contact Susan at [susan.sedlacko@ymcacolumbus.org](mailto:susan.sedlacko@ymcacolumbus.org)

[Register Now](#)



## Basketball Skills and Drills Mini-Session

**October 18-November 3**

Get ready for our upcoming winter basketball leagues with our 3 week skills and drills mini-session. Participants will practice passing, dribbling, shooting, and defensive skills, as well as teamwork and good sportsmanship. Spots are limited, so sign up today!

**6-8 years old:** Monday and Wednesday 5-5:45pm

**9-12 years old:** Monday and Wednesday 6-6:45pm

**\$40 for members**

**\$60 for non-members**

Questions? Contact Susan at [susan.sedlacko@ymcacolumbus.org](mailto:susan.sedlacko@ymcacolumbus.org)

[Register Now](#)



## Teen Night

**October 29, 7:30-9:30pm**

Grab your friends and meet us at the Y for swimming, basketball, pizza, and karaoke! Cost is \$10 for members and \$15 for non-members, open to ages 12-17. Pre-registration is encouraged but not required. Questions? Contact Susan at [susan.sedlacko@ymcacolumbus.org](mailto:susan.sedlacko@ymcacolumbus.org)

[Register Now](#)



## Coat Drive

It's that time of the year for the Community Coat Drive! Time to clean out your closets and bring in the gently used coats you and your family are no longer wearing! We are partnering again this year with GRIN (Gahanna Residents In Need) and Mifflin Church to help collect coats for all ages. You

can donate new or gently used coats through Friday, October 8. Help us keep our community members warm this winter!



## Join our Team!

Imagine going to work knowing that what you do each day positively affects the lives of the people in your community. Working at the Y, you'll discover more than a job—you'll enjoy a career with a future and the opportunity to make a lasting difference in the lives of those around you.

### Jobs Available Now:

- Lifeguards & Swim Instructors
- Child Care - Many Positions
- Facilities

[View Jobs](#)



## STORYTELLER

### Tell us Your Story!

Hey Y Members! We are all made of stories. There is always something amazing happening at every Y location. Help us tell your stories with our new Y Storyteller program. If your child just finished swimming lessons or you're

taking your favorite yoga class, snap a picture or a video and send it to us! Tell us how you and your family spend time at the Y.

**How it works:** Just upload your content online and tell us a little bit about what's going on. You may see your pictures on our website, social media or on the big screen at your Y! This can be as simple as a selfie after you just finished your workout or a class leader who you love to see! We can't wait to share your stories throughout our community.

[Submit Story](#)



## Child Watch Available

**Let us watch the kids while you workout!** Children age 6 mo-11 years are now able to enjoy our renovated child watch area.

[Make Reservation](#)



## fitness challenge

### Planks

Ah, yes, planks! You either love them or hate them, but there is no doubt that there are many benefits to doing them. #1 is that there are no age restrictions; anyone can do a plank. #2 they help to tighten your abs, improve your balance and posture, helps to reduce back pain, improves your mood, plus, they can be FUN!



So, let's see what we can do to help you love them and have fun with your family with these plank challenge ideas.

Get into position, facing the floor. Bend your arms and make sure that your elbows are lined up under your shoulders. Keep your neck in a neutral position. Maintain a long spine (don't sag in the middle or don't pike your rear end up). Engage your abs. Squeeze your glutes. Engage your quads.

**A Plank Challenge can be as simple as:**

- \* seeing who can hold their plank for the longest amount of time
- \* setting a goal time, perhaps start with 30 seconds or one minute, and work at achieving that time without losing your proper form. If you need to rest, take a breather, then get back into proper form and finish the goal time. Then, every few days or each week, add time to your goal.
- \* setting a specific time and adding variations to the plank, ie. Rocking forward and backward; alternating knee taps; stepping one leg out to the side, then the other; alternating straight leg lifts; etc.
- \* or, adding an additional challenge to your plank by adding push ups; mountain climbers; jump outs (both legs jump out as if doing standing jumping jacks; or, half-burpees.

There are many other variations and ways to make Planks a fun challenge. Use your imagination or look them up online.

## try it! recipe of the month



### Middle Eastern Rice and Lentils

It's a beautiful dish layered with lentils and rice at the bottom, followed by caramelized onions (the more, the better), and hopefully a couple of creamy or spicy sauces on the side. It's one of my favorite items to order at Middle Eastern restaurants, and this recipe tastes just like it.

[View Recipe](#)

# LET'S TEXT!

Stay in touch with facility updates, announcements and other reminders from us.

Message and data rates may apply. Message frequency varies. Text HELP for help. Text STOP to cancel.

## TEXT 'BELONG' TO 545-39 TO OPT IN



### Membership and Program Refund Policy

At the YMCA, we always want to provide our members and guests with a great experience. If you are unsatisfied with your experience, we encourage you to speak with a Manager on Duty, Director or Executive Director of that location. We'll be sure to work hard to make things right!

#### Please note the following policies:

- We do not issue refunds for classes or days of member services that are canceled due to no fault of our own (weather, power outages, etc.)
- We do not refund membership & child care fees without extenuating circumstances. For example: sudden major illness; corporate relocation.
- Membership dues are not refunded due to non-use.

#### Program Refunds:

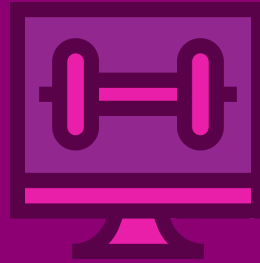
- 100% refund of program fees if canceled 7 days prior to the start of the session.
- 50% refund with less than 7 days notice of cancellation prior to the start of the program.
- If classes are cancelled due to low enrollment, a 100% refund will be issued to the participant.
- If more than one class within a session is cancelled by the YMCA, the Y will offer a system credit for up to three missed classes. After three (3) canceled

classes, the program may be canceled and fees refunded or the program may be rescheduled. If participants cannot take the rescheduled class, refunds will be offered & issued.

**Private Instruction Refunds:**

- No refunds for personal training, nutrition counseling or private swim lessons unless canceled or rescheduled with at least 24 hours notice.

**How you will receive your refund:** Refunds will be made via YMCA credit, refund to card or bank account used for the purchase or via check.



## virtual ymca

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

[Virtual Y](#)



**Schedules & Reservations**



**Register for Programs**



**Suggestion Box**



Download our free [mobile app](#).

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**GAHANNA/JOHN E. BICKLEY YMCA**

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