

OCTOBER 2021

GROVE CITY YMCA

group exercise spotlight



Meet Susanna Graham

There have been many inquiries about doing core challenges, or how to lose belly fat and inches off the waist. We have our Strictly Core classes from 10-10:30am on Wednesdays and Fridays. This class emphasizes and isolates workouts specific for your abdominals, obliques, lower back, glutes and more! This class is taught by our NASM certified personal trainer, Susanna Graham.

top 9 young adult scans!

John G. (19)

Jaden K. (19)

Sean M. (18)

Anahi A. (14)

Kailey L. (14)

Sawyer M. (14)



Max M. (16)

Lucas O. (14)

Jaiden R. (15)



news & updates



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](#)

fitness challenge

The Daily 10

- 10 Jumping Jacks
- 10 Burpees
- 10 Crunches
- 10 Front Lunges
- 10 Pushups

10 Squats
10 Calf Raises
10 Knee Lifts
10 Second Plank
10 Mountain Climbers

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:

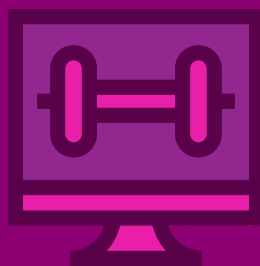
- 100% refund of program fees if canceled 7 days prior to the start of the session.
- 50% refund with less than 7 days notice of cancellation prior to the start of the program.
- If classes are cancelled due to low enrollment, a 100% refund will be issued to the participant.
- If more than one class 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](#).

GROVE CITY YMCA

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