

MARCH 2021

REYNOLDSBURG COMMUNITY CENTER YMCA

A portrait of Neale Murray, a man with light-colored hair, wearing a dark blue zip-up hoodie over a blue collared shirt. He is sitting in a white office chair against a teal background.

Neale Murray

Facilities Director

staff spotlight

Neale Murray is the head of facilities for the Reynoldsburg Community Center YMCA. He has been with the YMCA for 14 years and has had a hand in helping wherever there is a need. During the initial onset of the Covid-19 pandemic, Neale helped prepare and prep the temporary housing shelters set up by the YMCA to help those in immediate need.

He has also spent time helping at the Van Buren Center which is a facility funded by the YMCA of Central Ohio to help with housing needs for individuals and families in Columbus and surrounding

communities. Neale finds the work he does for the YMCA very humbling. He loves that he can use his trade skills to help the YMCA fulfill its mission. Doing what he loves and being a positive role model for the youth in the community is something that he enjoys and what continues to drive him to help the YMCA in their efforts for community impact.

top ten active older adults!



- | | |
|--------------|-------------|
| 1. Pam P | 6. David P |
| 2. Ann F | 7. Robert L |
| 3. Carol B | 8. Mary P |
| 4. Debbie C | 9. David P |
| 5. Richard N | 10. Marla M |



Member Contest

Scan and win! The top 10 Members with the most scans during the month of March receive a FREE water bottle.



news & updates

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 or see Justin for more information.

Clinics: 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.

Fun Fitness Friday

Join Ms. Janet for her bi-weekly Fun Fitness Friday! Sign up for this virtual beginner fitness class that's designed to be an inclusive space where your child can have fun while exercising. We encourage caregivers to join in as well! If you work with children, you can also feel free to sign up your entire class for a mid-morning exercise break! This month's classes will meet on March 5 & 19 at 10am. If you would like your child (or class) to attend, please register for the class [here](#).

New Class! Break-it-up Cycling

Start your morning off right by joining Jen Sheaks for this high intensity class that combines cycling and bootcamp in a fun and interactive way. This class will meet on Thursdays from 6:30-7:30am starting March 4. See you there!

Youth Conditioning and Iron Teen

Youth Conditioning and Iron Teen are programs designed to introduce youth, ages 9 to 15, to 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](#) to sign up today.

Dave's Flag Contest

Lets have some fun! 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!

Friendly reminder Registration Cancelations

Please be mindful of class registration cancellations. Members registering for group fitness classes should cancel prior to the start of class. An email reminder will be sent after 3 missed classes and after 5 missed classes, members will be charged a fee. With the limited space, help us make the fitness classes accessible to all!

YMCA Leaders Club - Space is still available!

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 [email Nicouri](#).

Daylight Savings Time Begins on March 14

Make sure you spring forward an hour as Daylight Savings Time starts on March 14. You want to be sure to be at the Y on time for the Group Exercise classes Monday morning!

First Day of Spring is March 20

Is there anyone that isn't excited about Spring this year? It has been a tough year with a cold, snowy winter. March 20, 2021 marks the Spring Equinox! Those increased minutes of daylight gives us more of a chance to partake in them. Studies show natural light boosts your body's vitamin D storage, leads to higher productivity, benefits vision, helps you sleep, and improves your mood.

Now hiring Lifeguards and Swim Instructors

Now hiring Lifeguards and Swim Instructors. No experience necessary. Training provided by the YMCA of Central Ohio. Must be at least 15 years old to apply. [Apply Today!](#)



next month

Family Fitness Classes

We will be starting monthly Family Fitness classes every 3rd Friday of the month. This will be a time for parents and children to spend quality time together while participating in a fun fitness activity together. First up is Family Zumba! Look for more information to come



fitness challenge

March Muscle Up

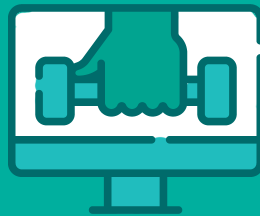
Weightlifting is a great way to build muscle tone, burn fat, and strengthen your bones. Whether you're aiming for better muscle strength or weight loss, weight training can help. Our Les Mills Bodypump classes offered throughout the week are a great way to ease into the world of weightlifting and help become comfortable with weights in a fun, supervised environment. See our group exercise schedule to find a class or talk with a trainer to see how they can help you accomplish this goal as well.

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**



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**



Contact Us



Download our free [mobile app](#).

REYNOLDSBURG COMMUNITY CENTER YMCA

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