

August 01, 2009

TO: MISSION VALLEY YMCA MEMBERS
FROM: Dick Webster; VP Executive Director
Laura Higgins; Associate Executive Director- *Membership/Fitness*
RE: Interactive Workout Network

Mission Valley YMCA is excited to announce its partnership with **Nike and Apple** in a program entitled **Nike+ iPod for the Gym***.

What to Expect In 2009-2010:**

1. Current cardiovascular equipment will be upgraded- *new equipment will feature iPod & USB port connections.*
2. A new line of strength equipment will be installed at the Friars location.
3. Our current Fitlinxx Interactive network system will be discontinued from strength equipment- *workout tracking tools will be available to all members including a web based site: www.presidentschallenge.com for tracking activity, progress, and review.*
4. Friars & Hazard Center will have Fitlinxx *available for a limited time*
5. The Mission Valley YMCAs will re-introduce the YPersonal Fitness Program- a 12-week step-by-step approach to facilitate long-term behavior change
6. Orientations to Nike+ iPod for the Gym & President's Challenge will be offered- *see website for dates & times.*

**3rd & 4th generation nano iPod and 2nd generation touch & iPhone needed to participate in Nike + workout challenges.*

***Expect interruptions during the remodel and equipment install and extraction. Areas of the Friars location will need to be shut down during the strength equipment install.*

In the Fall, we're launching new member incentive programs through *Nike + iPod for the Gym* & the President's Challenge using cardiovascular equipment to track aerobic exercise & the President's Challenge to track activity.

As we continue to serve more people in our communities, our goal is to maintain leading edge fitness products so your YMCA remains the leader in innovative programs across the nation. We are excited to offer new fitness challenges, create incentive programs, and most importantly, connect members together through technology & programs.

Respectfully,



Dick Webster
VP/Executive Director



Laura Higgins
Associate Executive Director
Membership/Fitness