



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GRAND “RE-OPENING” OF LARGEST YMCA IN SAN DIEGO

Mission Valley YMCA, one of the largest Y’s in San Diego County, has undergone a transformation that features state-of-the-art fitness equipment. Coupled with proven programs to help “health seekers” get active, this Y will be like no other in the community.

To celebrate, Mission Valley YMCA is hosting a community-wide, **Grand “Re-Opening” on Saturday, June 2, 2012 from 8am to 1pm** featuring free fitness classes, equipment demos, giveaways, and much more. **The event is free and open to the public.** Everyone will have access to the newest additions: two, state-of-the-art fitness centers with a functional training area and the Discovery Series, the **only facility in the North America** to feature this plate-loaded line of strength training equipment.

As a leader in the community, the Y will host a variety of activities that are geared towards encouraging a healthy lifestyle including:

- Blood Pressure/BMI screenings and a nutritional workshop
- Several different yoga classes
- Specialized classes led by certified instructors including Kickboxing and Outdoor Bootcamp, and an AMT Challenge on the new AMT’s w/ Open Stride technology.
- Group Exercise classes like indoor cycling, TRX, Bollywood Dance, Zumba, and Body Blast

While usually reserved for members, these activities will be open to the community, with Y staff on-hand to answer questions. As part of the festivities, anyone who participates in the AMT Challenge will be entered into a drawing to win a 3 month, adult membership (value: \$120). Several hundred people are expected throughout the day.

For more information, call 619-298-3576 or visit www.missionvalley.ymca.org.