



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**NORTH SUBURBAN
YMCA**
2705 Techny Road
Northbrook, IL 60062
www.nsymca.org

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FOR IMMEDIATE RELEASE

Active Older Adults Find More to Love at North Suburban YMCA

What's a typical day like at the Y?

- An early morning swim to wake up the senses.
- A quiet yoga class to stretch the muscles and the mind
- A tour of an exhibit at the Community Gallery featuring works by a local painter
- A cup of coffee with friends, after a walk around the indoor track.
- A fitness trainer offering personalized advice and encouragement.

The North Suburban YMCA embraces its mission to serve the entire community with programs that enhance healthy living and personal enrichment. That commitment includes a growing population of active older adults. Every day year round, the Y's spacious facility is host to many seniors using the fitness center, swimming pool, art studio, and indoor track. For them, the Y offers fitness programs tailored to their particular needs, as well as opportunities to explore new activities in a social setting with other lifelong learners.

Centrally located in Northbrook, at 2705 Techny Road, the North Suburban YMCA includes a full range of exercise options in its recently renovated 80,000 square foot facility. A six-lane indoor pool is available for lap swimming, in addition to low-impact water aerobics programs that improve cardio health while protecting joints. The indoor track area has just been upgraded with a new track surface, enhanced lighting, and a wide assortment of new equipment for strength training. In the Y's exercise studios, participants of all ages enjoy cardio, cycle, Zumba, and yoga classes, including specially modified classes for seniors. The Y's state-of-the-art fitness center provides all the equipment needed to maintain and improve strength, with personal trainers on hand to give specialized guidance. For those who enjoy some competition with their fitness activities, the Y offers racquetball, handball, pickleball, and basketball for all ages.

In addition to physical fitness, the Y also offers programs to keep seniors active mentally, creatively, and socially. The Y's visual arts program includes a number of adult classes in watercolors, clay, and other

media. The social element of the classes enhances their creative enjoyment: the Y now offers evening “Craft & Sip” classes where participants work on a project while enjoying their favorite BYOB wine or beer. Outside the art studio, active seniors can check out adult dance classes including ballet, tap, ballroom, and even belly dance.

Most importantly, the Y is a community center that brings together all generations for the common good. Seniors at the Y see their neighbors in class, share a cup of coffee with friends in the sunlit lobby, and participate in special events throughout the year. Those who become members enjoy special benefits including free fitness and yoga classes, discounted program rates, early registration access, and much more. The Y also offers financial assistance for participants in need, to ensure that everyone in the community has access to its programs.

The Y is so much more than a place to work out. Discover all we have to offer by visiting www.nsymca.org or calling 847 272 7250 to schedule a tour.

