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**NORTH SUBURBAN
YMCA**
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FOR IMMEDIATE RELEASE

Community Invited to Ribbon-Cutting for New YMCA Strength Training Center & Track

Northbrook, IL: October 2015 – The [North Suburban YMCA](http://www.nsymca.org) is proud to announce the official opening of its new Strength Training Center & Track (“STCT”), a centerpiece project of the Phase 3 of the Y’s Capital Campaign. The highly anticipated renovation will be celebrated at a ribbon-cutting ceremony on October 15 at 9:30am at the YMCA, located at 2705 Techny Road in Northbrook. Open to the public, the ribbon-cutting ceremony will be followed by facility tours, refreshments, presentations from community leaders, and special promotional offers.

The STCT, located in a 5,200 square foot space on the Y’s lower level, features a new rubberized indoor track alongside state of the art strength equipment and free weights. New lighting, multiple televisions, a more spacious layout, and appealing design elements give the space a bright, energizing atmosphere. The STCT renovation was made possible by \$515,000 in advanced leadership donations from corporations and individuals including a designated grant of \$50,000 grant from [PotashCorp](http://www.potashcorp.com), a previous supporter of the Y, to purchase the new floor.

“PotashCorp is very pleased and proud to support the North Suburban YMCA’s activities and services to the local community,” said Tom Pasztor, senior director of stakeholder communications. “Our most recent donation enhances the organization’s Strength Training Center & Track, and will help members maintain their health and fitness in a comfortable and safe environment. PotashCorp is committed to being involved in the communities where its employees work and live. We view the North Suburban YMCA as a valuable resource that fosters a sense of community and fellowship.”

With a goal of raising \$2.2 million dollars by December 2016, Phase 3 of the Y’s Capital Campaign supports a wide range of projects to finalize and enhance renovations started in 2012. The STCT is just one of several projects that will be funded through Campaign donations. In recent weeks, the Y has replaced installed a new wood dance floor in two of its multi-purpose studios, installed new dance studio mirrors and ballet barres, created a mobile digital media “lab” for use in visual arts and STEM classes for all ages, added Wi-Fi throughout the building, and purchased new Keiser bikes to replace aging Spin bikes. Additional funding is still needed to replace and expand the Y’s parking lot, enhance

additional program spaces, purchase new equipment, and replace the last four (out of 10) remaining original HVAC units still in operation.

“We are truly in the home stretch of improvements, completing a series of renovations that have transformed our facility over the last few years,” notes Howard Schultz, NSYMCA CEO/President. “The community has stood behind us because the Y serves such a vital role for children, families, and organizations. Now that we’re close to our goals, we need our supporters to participate in this final phase of fundraising so that we can complete the essential improvements that will carry us into the future.”

In addition to the public ribbon-cutting ceremony, members and guests are invited to sign up for small group tours of the STCT during the Y’s Open House Week, October 12-16. The Y’s personal training staff will lead STCT tours, demonstrate equipment, and suggest exercise strategies to participants. These tours are free and open to the public; advance registration is required at the Y’s front desk or on the Y’s website, www.nsymca.org. For more information, call 847 272 7250.

About the North Suburban YMCA

The YMCA is a not-for-profit entity and relies on donations to make services available for all families and individuals in its 15-city region. All board members are volunteers, who donate their time, talents and financial resources. Located at 2705 Techny Road in Northbrook, the YMCA has served the northern suburbs of Chicago for over 45 years. The Y is about youth development, healthy living, and social responsibility, providing programs and services that address the needs of our diverse community and are accessible to all. For more information or to make a donation, contact Barb Flanagin at 847-272-7250 or bflanagin@nsymca.org, or visit www.nsymca.org.



BEFORE RENOVATIONS



AFTER RENOVATIONS

Photo Caption: The bright and spacious Strength Training Center at the North Suburban YMCA features a new indoor track and a full range of new weights and strength training equipment.