WELCOME TO THE BUCKEYE VALLEY FAMILY YMCA

Stay in touch with the Y. Our website and app have changed with our new name. The website is bvfymca.org and you can find the app in the app store or in google play under Buckeye Valley Family YMCA. We are sorry for the confusion with the changes. Also, you can now register for cycling, pilates reformer, and racquetball courts in advance through our website.

Buckeye Valley Family YMCA
Licking County Family YMCA 470 W. Church St., Newark
West Licking Family YMCA 355 W. Broad St., Pataskala
Muskingum County Family YMCA 1425 Newark Rd., Zanesville

START THE YEAR STRONG
Winter Fitness Challenge

The Fitness Challenge is designed to help individuals who are overweight, out-of-shape, or just want to improve their overall fitness. The Fitness Challenge focuses on nutrition, maintaining a regular workout routine, and building and toning muscles to lose body fat. Each week you will meet with your trainer who will direct you and your group through a workout. You will be given assignments for the remainder of the week to help you reach your personal goals.

WHO: All ages and fitness levels welcome

WHEN: Fitness Challenge: January 13—March 7 (day/time chosen at registration)
Informational Meeting: January 9 at 5:00PM
Assessments Begin: January 13 at 9:00AM
Indoor Triathlon: March 7

REGISTRATION: Participants are required to register at the Front Desk. Registration includes entry into the Indoor Triathlon at the conclusion of the challenge. Registration: For more question please Contact: constance.cunningham@bvfymca.org or 740-349-9675.
WELLNESS COACHING
Y NEARLX Y PATASKALA Y ZANESVILLE

Did you know that wellness coaching is a **FREE** service offered with your membership? Whether you don’t know where to start, feel like you’ve stalled in your progress, or just want to learn more about what we offer here at the Y, this could be the service for you!

Wellness Coaches can also help you get set up on ActivTrax or simply teach you how to use piece of equipment. Take advantage of our staff and let us help you spend your time at the Y more effectively!

Schedule your appointment to meet with one of our Wellness Coaches at the front desk.

WINTER CLASS REGISTRATION
STILL AVAILABLE
NEWARK, ZANESVILLE, AND PATASKALA

Openings are still available for swim, gymnastics and karate classes. Classes run January 6 – February 22. Come join the fun and learn some valuable life lessons.

CPR/FIRST AID/AED
Y NEARLX

Get certified for ASHI Adult, Child and Infant CPR/First Aid and AED at the Y. This is a blended class of pre-work online and in-class review and testing. Certifications are good for 2 years.

**WHO:** Open to the Community

**WHEN:** Tuesday, January 14, 10:00am-12:00pm

**WHERE:** Y Newark Upstairs Conference Room

**REGISTRATION:** Class fees are $60 and registration can be taken at the Y Newark Front Desk 740-345-9622

CHILDCARE UPGRADES
Y NEARLX

The Childcare has gone through a remodeling process over Christmas break. We have updated flooring, cabinets, paint, and ceiling tiles. Thank you to all of our childcare parents for your patience during this time.

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**Line Dancing**

Join us for Line Dancing on the third Wednesday of each month! This is a fun and social way to exercise, Instructor Judy will teach a variety of line dances and moves! Class takes place at 12:00pm in the English Gym.

**Active Adult Card Play**

Every Monday at 12:00pm meet new friends and play cards in the Café.
Y Western Launches New Classes!

Y Pataskala
Y Western is excited to introducing several new Group Fitness classes and formats in 2020. For the latest information on start dates and class days and times, please visit our website or pick up the latest Group Fitness schedule at the front desk.

**Pre-K Cardio** – Tuesdays and Thursday 9:30 to 10:00 am
Ages 3-4 and potty trained
30 minutes of energizing cardio filled with fun movement to encourage hand/foot coordination and improve listening skills.

**Cardio Kids** – *New Time* Tuesday and Thursday 5:00pm-5:45pm
Ages 5-10
This is a 45 minute, fun filled, high energy class of strength, stretch, and cardio for kids aged 5-10! They will enjoy upbeat music and learn how to incorporate fitness into everyday activities!

**Hip Hop Fitness is now Hip Hop HIIT** – Thursdays 5:45pm -6:15pm

**Total Body Knockout-** *New Time* Tuesdays and Thursdays 6:15pm – 7:15pm

**Bootcamp HIIT** – Tuesdays and Thursdays 11:15am – 12 pm
This 45 minute lunchtime class combines strength and cardio for one intense class so you can get in and get done. Bootcamp HIIT gives you bursts of intense activity alternating with periods of active recovery, moving from one exercise to another quickly to keep your heart rate elevated and calories burning.

**Hip Hop Fitness is now Hip Hop HIIT** – Thursdays 5:45pm -6:15pm
H.I.I.T stands for High Intensity Interval Training. HIIT is perfect for those on the go because it’s a fat burning full body workout completed in 30 minutes! Hip Hop HIIT combines exercise bursting moves to Hip Hop beats (optional light weights used).

Stay tuned for more exciting class announcement in February!

Y Zanesville

Registration is going on now for the GraY Basketball League. Register on line or at the Y!