

# DOWNTOWN YMCA YMCA of Central Ohio

40 W. Long Street, Columbus, Ohio 43215

December 2010 Newsletter

## DOWNTOWN Y CHRISTMAS AND NEW YEARS HOURS

**CHRISTMAS EVE**  
5:15am-4:00pm

**CHRISTMAS DAY**  
Closed

**NEW YEARS EVE**  
5:15am-4:00pm

**NEW YEARS DAY**  
8:00am-6:00pm



## ASHTANGA YOGA Starts Saturday, January 8

Ashtanga Yoga is a flowing form of yoga that Vinyasa and Power Yoga come from. With this physical form of yoga, the sequencing of the poses is the same and arranged in a way to develop strength and flexibility while linking movement with breath.

**Day: Saturday**  
**Time: 12:00-1:30pm**  
**Aerobics Room: Lori**

## DOWNTOWN Y RUNNING CLUB...

Join some of your fellow Y members out on the running path to keep your training runs interesting and less lonely on cold winter's days. Also, get the support you may need for a spring race.

The club will provide a means to exchange training, cross-training and nutrition ideas to help keep everyone on plan, properly fueled and injury-free in 2011.

Coming Winter Session II

If you are interested, contact Joel MacCaughey at 614-224-1311 or [jmaccaughey@ymcacolumbus.org](mailto:jmaccaughey@ymcacolumbus.org)

## THE CARDIOPLEX IS OPEN AND YOU CAN TRAIN WITH JILLIAN MICHAELS



### Located in the Aerobics Room, the CardioPlex is now open!

The CardioPlex now features the complete DVD set of Jillian Michaels' Power 90 Series™.

To start your training regimen, bring in your keys or identification and turn them in to a Wellness Center Coach to check out a DVD and gain entry into the Aerobics Room.

The Wellness Coach will assist you in starting your DVD and

setting up the screen to get you started.

Keep in mind that other exercise DVDs are available, and you are also welcome to bring your own DVDs to customize your own workout while using a large, open space and any equipment you may need.

## WELLNESS CENTER DAYS AND TIMES

Sun: 1:00-5:00pm  
Mon-Thurs:  
11:00am-10:00pm  
Fri: 12:30-4:00pm  
Sat: 9:00am-1:00pm

## 2011 DOWNTOWN Y WEIGHT LOSS CHALLENGE

### PRIZES AWARDED TO THE TOP THREE LOSERS!

The more participants, THE BETTER THE PRIZES!

**Registration deadline: Monday, January 3rd**

**Challenge Begins: Wednesday, January 5<sup>th</sup>**

**Includes: WEEKLY nutrition class  
and HALF OFF**

**personal training packages!**

**A minimum of eight participants required.**

**Your participation fee is \$40, which includes**

**the eight week challenge and nutrition classes.**

**For more details, contact Allyn Blind at 614-224-1137, ext 221  
or [sblind@ymcacolumbus.org](mailto:sblind@ymcacolumbus.org)**

# Happy Holidays from the Downtown Y!!

## THE 2010 JINGLE BELL RUN TO BENEFIT THE ARTHRITIS FOUNDATION: THE Y RUNNING REINDEER TEAM'S RUNNING, WALKING, APPAREL- DONNING AND FUNDRAISING REPORT

For the second year running—with the coordinating prowess of Nikki Boop—our Y staff and members answered the call of the sleigh bells and prepared to hit the streets of Columbus—never knowing what the weather might hold the first weekend of December—to help benefit the Arthritis Foundation.

The 20 member Y Running Reindeer Team exceeded their fundraising goal of \$500 with a total of \$665 raised!

While many took to the course with a laid back approach on the blustery Saturday morning of December 4, our own Constance Chappelle set a PR at 26:18 and placed second in her age group. Dasher indeed!

The joy and cheer in the air was palpable, and the costumes were varied and some quite elaborate. The true reason for the race was clear with over 4,000 Columbus participants and more than \$194,061 raised!



With bells in their laces and antlers atop their heads, The Y Running Reindeer were bundled, properly jingled up and ready to hit the course.



It's impossible to resist a photo opportunity with Frosty!



Some team members worked on improving their holiday costume PRs...they're already looking toward next year's rigorous training schedule.



Of course some four-legged participants couldn't resist the urge to put on the holiday dog.

## THE DOWNTOWN Y'S 2010 GIVING TREE



Each year the Downtown Y adopts a family who needs a bit of extra love, care and attention during the holiday season. Not surprisingly, each year you, our generous members, share your good fortune by dropping off gifts in the donation container near the Pro Shop Desk.

This year we are happy to let you know we have started *The 2010 Giving Tree* to help ensure that as many individual wishes are fulfilled as possible without duplication of gifts; all to make it easier for you to make our family's holiday season much brighter.

Thank you for being a part of *The 2010 Giving Tree*!

## How To Do It:

- Take a slip with the gift item of your choice.
- Purchase the gift.
- Return the gift, unwrapped, by Wednesday, December 22.
- Notify the Front Desk Staff when you give a gift so you can receive a hand-made Christmas ornament compliments of the YMCA staff.

## Some of the Gift Slips:

- Boy Age 10: Basketball Jersey
- Girl Age 16: Best Buy Gift Certificate for music
- Boy Age 2: Toy Cars and Toy Balls (separate slips)
- Girl Age 5: Barbie Doll Head (for Hair Styling/Make Up)
- Boy Age 2: Toddler Pretend Tool Kit
- Boy Age 10: Playstation 2 Video Game
- Girl Age 3: Kids Music CD/Singalong CD
- Girl Age 3: Dora the Explorer Toys
- Boy Age 10: Pants Size 14 and Shirt Size 14/16 (separate slips)
- Girl Age 5: Shirt Size 7
- Girl Age 3: Pants Size 7 and Shirt Size 7 (separate slips)
- Boy Age 2: Pants Size 3T
- And More...Please Stop by *The Giving Tree*!