

# DOWNTOWN YMCA YMCA of Central Ohio

40 W. Long Street, Columbus, Ohio 43215

January 2011 Newsletter

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I Resolve  
to...



Share your  
resolution  
with us for a  
chance to win  
a 1-Year  
Membership

Make 2011  
YOUR Year!

The winner will  
be announced  
at our  
January 22nd  
Open House—  
see 2nd page

Visit [ymcacolumbus.org](http://ymcacolumbus.org) or  
the Pro Shop Desk to  
submit your resolution.



## WELCOME OUR NUTRITION EXPERT ASHLEY DOYLE-LUCAS



On the heels of the success of this past fall's LEAP (Learn Explore And Practice) program, Ashley Doyle-Lucas, our staff Nutrition Expert, plans to apply the same nutrition-focused principles to this winter's Weight Loss Challenge.

Armed with a PhD in Nutrition, Ashley will continue to

help our members—both those enrolled in the Weight Loss Challenge and private clients—achieve and maintain a healthy weight and lifestyle.

For the Challenge, Ashley will give a nutrition session each week (after the participants weigh in) to give them some food for thought. Subjects may include the importance of hydration, breakfast and knowing about macronutrients and micronutrients.

You may wonder how Ashley began her career in nutrition. In fact, it is Ashley's long and varied background in professional ballet that led her to the field of nutrition.

*"I found how important nutrition is to my—and other dancers'—performance and that the way I ate significantly impacted the way I danced."*

Also concerned about the growing

obesity epidemic, Ashley wants to use her background in dance and nutrition to help adolescents and adults—both athletes and non-athletes—to achieve the healthiest lifestyle through nutritious food choices.

Ashley has traveled widely, both as a ballet dancer and a nutritionist. She and her husband—also a former ballet dancer and now a resident in orthopedic surgery—most recently came to Columbus via Virginia. However, Ashley's career aspirations aren't idle since she plans to attend OSU this quarter to become a Registered Dietitian so that she can treat patients with a variety of conditions.

During her time at the Y, Ashley has really enjoyed the sense of community. In addition to teaching at the Y, she also teaches at OSU and BalletMet.

For more information, contact Ashley at [ashfayd@gmail.com](mailto:ashfayd@gmail.com)



### 2011 DOWNTOWN Y WEIGHT LOSS CHALLENGE: DROP A FEW FOR A NEW YOU!

#### PRIZES AWARDED TO THE TOP THREE LOSERS!

The more participants, THE BETTER THE PRIZES!

Registration deadline: Friday, January 7th

Challenge Begins: Monday, January 10<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 [ablind@ymcacolumbus.org](mailto:ablind@ymcacolumbus.org)

Personal training will be half off for participants. The normal cost of personal training is \$17.50 per 30 minute session. Therefore, for eight weeks with the special rate, two sessions/week will cost \$140 and one session/week will be only \$70!



\*The Final weigh-in will be Friday, March 9th. All weigh-in results will remain private. Participants are encouraged to weigh in each week before the weekly nutrition sessions on Wednesdays.

**YMCA Mission: To serve the whole community through programs expressing Judeo-Christian principles that build a healthy spirit, mind, and body.**



# CHECK OUT THE DOWNTOWN Y OPEN HOUSE

## SATURDAY, JANUARY 22ND

### WITH CLASSES STARTING AT 8:30AM!



The Downtown Y will proudly and warmly open its doors to prospective new members, as well as to current members interested in sampling new classes to help kick off the new year. Staff will be on hand to show you our fabulous facility and answer any questions you may have. Stop in to try one or more of the several classes being offered. Also, the winner of our "I Resolve..." contest will be announced at 10:30am!

Let one of our cycling instructors—or both if you're up for it—lead you through a rigorous workout full of challenging hills and varying tempos while enjoying a fun sense of camaraderie and great music.

**Both Cycling classes will be held in the Scioto Room**  
**Join Lisa at 8:30am and Sue at 9:30am**

If you've finished your cycling class and are up for some hardcore, back-to-basics moves to gain strength, agility and endurance, it's time for you to hit the gym to do some push-ups, plyometrics and plenty more...

**Bootcamp will be held in the Gym/Basketball Courts**  
**Join Scott at 9:30am**

Zumba will give you a chance to infuse some Latin rhythms into your workout—you'll get to do some dance moves while getting a fantastic workout.

**Zumba will be held in the Aerobics Room**  
**Join Irene at 11:00am**

Topping off the day's classes will be yoga, which will give you a chance to unwind, stretch and gently strengthen your body.

**Yoga will be held in the Aerobics Room**  
**Join Lori at Noon**

And don't forget the kids and the pool for open house! We will offer free swimming lessons to children, ages 14 and younger, during the open house.

**For more information, contact Joel MacCaughey at 614-224-1131 or [jmaccaughey@ymcacolumbus.org](mailto:jmaccaughey@ymcacolumbus.org)**



You'll have two chances to hop on the cycling saddle!



Use your dance moves and work up a sweat at Zumba!



Bring the kids for pool time!

## WHAT'S NEW FOR YOU...



**Ooooh!**  
**Check out these beauties—**  
**new barbells and dumbbells**  
**are now in the weight room!**

**WINTER SESSION I BEGINS JANUARY 2ND.**  
**Check the communications station for class schedules.**