

DOWNTOWN YMCA YMCA of Central Ohio

40 W. Long Street, Columbus, Ohio 43215

October 2010 Newsletter



Allyn Blind began working with the Central Ohio YMCA as the Corporate Coordinator at AEP in August 2009. Also, she offers personal training sessions and is our Personal Training Coordinator. Allyn keeps an eye toward safety, with certifications in CPR/AED/First Aid (American Red Cross) through NASM.

Allyn is heading up two exciting new features: the "Cardio Theatre," which one of our members will be christening with its own unique name, and the YMCA Diabetes Prevention Program as a lifestyle coach.

Allyn received her M.S. in Sport Management from Slippery Rock University in Pennsylvania and worked in campus recreation. After college, she went on to work at the Pittsburgh Downtown YMCA.

"Cardio Theatre" Creates a Unique Workout Space for Members

Allyn is spearheading our Y's newest feature, a special workout space where you can tailor your workout to your own schedule.

If you are unable to attend classes, or if you would like to do a DVD but lack space in your own home, the Downtown Y's new "Cardio Theatre," located in the Aerobics Room may be the place for you.

As of Monday, October 11, members will bring in their keys or identification to turn in at the Wellness

Center during times when Coaches are on staff to check out a DVD and gain entry into the Aerobics Room. The Wellness Coach will assist you in starting your DVD. Then you'll be ready for your private workout. You may also share the time and space with fellow members.

Some DVDs currently available include yoga, core pilates and full body workouts. Also, you are welcome to bring your own DVDs in from home.



WELLNESS CENTER DAYS AND TIMES

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

You Can Take Control YMCA's Diabetes Prevention Program

The YMCA wants to help members who may be at risk for developing type 2 diabetes adopt and maintain a healthy lifestyle.

The YMCA Diabetes Prevention Program (YDPP) research was funded by the National Institutes of Health (NIH) and the Centers for Disease Control and Prevention (CDC) and its goals are to help you eat healthier and become more active in order to avoid the onset of type 2 diabetes or control it if you already have it.

Can I participate?

Individuals who are overweight and at high risk are eligible for the program. Determining one's risk includes:

1. Physician's diagnosis
2. Blood test with fasting plasma glucose between 100-125 mg/dl, HbA1c between 5.7% and 6.4% or the result of a random or casual blood glucose level of 200 mg/dl or higher
3. A combination of risk factors.

The program's goals are to reduce body weight by 7% and to increase physical activity to 150 minutes per week. The class will consist of 16 core sessions and then monthly maintenance sessions.

Contact Caroline Rankin at (614) 384-2281 to see if you qualify and for more details about the program, or pick up a brochure at the communications station across from the Pro Shop Desk.

WHAT'S NEW IN FALL SESSION II?

Fall II Session Begins October 25th.

Check the communications station for class schedules.

LOW IMPACT WATER AEROBICS

Low Impact Water Aerobics is a great way to get in a good cardio workout while giving your joints a rest.

Days: Tues

Time: 10:15-11:15am

Swimming Pool

CARDIO MUSCLE

If you've been looking for an early morning class, we now offer Cardio Muscle to get you up and moving.

Days: Tues & Thurs

Time: 6:15-7:00am

Alison, Aerobics Room

EXPRESS MADNESS

Express Madness applies the basics of p90x Plyometrics, which is considered a foundation for improving athletic performance.

Days: Tues & Thurs

Time: 5:15-6:15pm

Jamar, Gym

WATER POLO AT THE DOWNTOWN Y

Join the Masters Swim Team for a game of water polo game. Contact Joel McCaughey for dates and times at jmccaughey@ymcacolumbus.org.

WEDNESDAY NIGHT CYCLE AND CORE

We've listened to your comments and suggestions here at the Downtown Y, and we've brought back Wednesday night Y-Cycling with Cycle and Core.

Time: 5:30-6:30pm

Melanie, Scioto Room

THE DOWNTOWN YMCA 1ST ANNUAL PRE-MARATHON SPAGHETTI DINNER

If you're running the 2010 Columbus Marathon—Half or Full—and want to meet up with fellow runners and supporters, please help start a new tradition and join us at The Spaghetti Warehouse.

Date: October 16, 2010

Time: 6:00pm

**Place: The Spaghetti Warehouse,
397 W. Broad Street**

**Contact: Constance Chappellear at
cchappellear@ymcacolumbus.org**

ADULT SPORT LEAGUES

Adult volleyball, basketball and racquetball leagues are available. Contact Lisa Cline for registration deadlines, entry fees, starting dates and times at lcine@ymcacolumbus.org.

Coming October 15th... Mobi Deals for the YMCA

The YMCA, Fox/WSYX and Mobi Deals—a website offering online discounts for local businesses—are teaming up to offer deals to YMCA members. Visit www.mobideals.info and check under "small fitness gyms" to pull up special offers for the YMCA. Members should keep an eye out for the first offer, which will be to buy one half hour swim lesson and get another half hour lesson free. Bring in your smart phone and present it at Pro Shop Desk to redeem your discount.