



## **NEWS RELEASE**

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For Immediate Release

**Contact:**

Summer Zimmer  
1401 East Smith Street  
Warsaw, Indiana 46580  
(574) 269-9622 x34

### **Spring II Registration at the YMCA**

Warsaw, Indiana- The Spring II Session of classes at the Kosciusko Community YMCA will run from April 13 to May 31. Classes will include Body Sculpt, Boot Camp, Cardio Blast, Cardio Tennis, Fitball, Kickboxing, Lunch Crunch, Step-N-Shape, Zumba Hip Hop, Yoga, Yogalates, Water Aerobics, Women and Weights, Indoor Group Cycling, and new classes of Bosu Fit and Kickboxing Lite.

Kids will enjoy a new session of gymnastics, swimming, dance, tennis, Sports of all Sorts, jump rope, and EDGE (Exercise Development Gone Extreme) a conditioning class for ages 10-14.

Registration will start March 23rd for YMCA members and March 30th for everyone. See the Welcome Center or the website for Spring II department schedules. Sign up at the YMCA Welcome Center or online at [www.kcymca.org](http://www.kcymca.org).

The Kosciusko Community YMCA, a not for profit organization, provides community based programs that build healthy spirit, mind and body for all of Kosciusko County. All the efforts and offerings of the YMCA are guided by the core values of caring, honesty, respect and responsibility. The Kosciusko Community YMCA does not deny any youth, adult, or family membership or participation based on their inability to pay. Need-based scholarships are available.

**We Build Strong Kids, Strong Families and Strong Communities.**