

JANUARY

ACTIVITIES & NEWS



YMCA OF SUMTER

510 Miller Road, Sumter

January 2025

ymcasumter.org

CONNECTING PEOPLE TO LIFE-CHANGING OPPORTUNITIES

BEGIN 2025 WITH A BANG!

Starting the New Year with a wellness plan is a powerful way to prioritize your physical, mental, and emotional well-being. It's the perfect opportunity to set meaningful intentions and create healthy habits that can last throughout the months ahead. This may include exercise, balanced nutrition, mindfulness practices, and adequate rest. Take a proactive approach to your health and build a strong foundation for energy, resilience, and overall happiness.

The Y is here to support your journey to improve your fitness, reduce stress, and overall wellness. The following classes will start this month. Flyers are available on the kiosk in the main hallway. Visit member services for more information.

Course	First day
Stress Management	January 6
Women On Weights	January 6
Enhance Fitness	January 10
Healthy Weight and Your Child	January 13
Commit To Be YFIT	January 20
StrongHeart	January 21
Living Well with Diabetes	January 22



Noteworthy

Happy **Birthday** to:

Brandon Y.

Claude C.

Deonte F.

Dione B.

Lis Y.

Jane H.

Mike D.

Nicole M.

Olivia B.

Tiara T.

Tina R.

Welcome our newest team members to the Y:

Aiden B.

Peyton C.

Emily V.

Karma W.

Linda B.

Mel R.

Melanie M.

Rodney C.

Tyler H.

Wyatt C.

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www.ymcasumter.org

ENJOY THIS ISSUE?

Feel free to share this newsletter with anyone who you think may enjoy it.

QUESTIONS, COMMENTS, IDEAS?

Contact us at info@ymcasumter.org

Mission: To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

PERSONALIZED PLANS WITH TRAINERS

Using a personal trainer can offer a wealth of benefits, especially for those looking to maximize their fitness results and stay committed to their goals. A personal trainer provides expert guidance, tailoring workout routines to your specific needs, abilities, and fitness level. This personalized approach not only helps you avoid injury but also optimizes your progress. Trainers offer motivation and accountability, helping you stay on track and pushing you to reach your full potential, even when you might feel tempted to quit.

The Y has a team of personal trainers that cater to your needs and availability. Both male and female trainers are available to work with you on your goals for 2025. Whether your schedules allows you to workout at 6:00 am or 6:00 pm, our team of trainers are here to create personalized fitness plans and cater to your personal goals.

To get started, complete a registration for Personal Training Application on-line or with the member engagement team. A member of our Fitness and Wellness team will pair you with a trainer who's skills match your needs and availability.

Session	Members	Potential members
30 minutes	\$17.50 per session	\$26.25 per session
60 minutes	\$35.00 per session	\$52.50 per session



BUDDY UP FOR YOUR WELLNESS

Working out with a friend offers numerous benefits that can enhance both your fitness journey and overall motivation. Exercising together not only makes workouts more enjoyable but also fosters a sense of accountability, making it less likely that you'll skip a session. Having a workout buddy can push you to go further, try new exercises, and stay consistent, as the friendly competition and encouragement help you stay engaged.

Beyond the physical benefits, working out with a friend also strengthens your social connections and can provide emotional support while reducing stress and boosting your mood. Whether it's a morning jog, a group fitness class, or a weekend hike, having a friend by your side turns exercise into a shared experience, making it feel less like a chore and more like an opportunity to bond and have fun.

Encourage a friend to join the Y and take advantage of the **No Join Fee** promotion!



NEW YEAR'S RESOLUTIONS

1. Find my motivation
2. Create my community
3. Transform my life

JOIN THE SUMTER FAMILY YMCA!