

THE SCOOP



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OHIO VALLEY YMCA

EAST LIVERPOOL YMCA • CALCUTTA YMCA PROGRAM CENTER
TORONTO YMCA WELLNESS CENTER • GATEWAY WELLNESS CENTER
YMCA WELLNESS CENTER AT ST. JOHN ARENA

Spring 2016

ymcanet.org

VOLUME 2 ISSUE 4

APRIL NEWSLETTER

COMMUNITY SENIOR WELLNESS DAY

YMCA WELLNESS CENTER AT ST. JOHN ARENA
WEDNESDAY, MAY 25
9:00AM-12:00PM

Fitness Class Demonstrations: 9-10am SilverSneakers
9-10am Zumba
10:15-11:15am Strengthening & Toning

Informational Tables
Health Screenings - Refreshments

FREE AND OPEN
TO THE PUBLIC

Please call or see the front desk
for more information.



WEDNESDAY MAY 25 IS NATIONAL SENIOR HEALTH & FITNESS DAY

2016 Theme:
"Improve Your Health for a Better Self!"

100,000 older adults will participate in activities at more than 1,000 locations throughout the U.S. on Wednesday, May 25, 2016 as we celebrate the 23rd annual National Senior Health & Fitness Day. The common goal for this day: to help keep older Americans healthy and fit. Always set for the last Wednesday in May, National Senior Health & Fitness Day is the nation's largest annual health promotion event for older adults.

HARMONY WELLNESS AND MASSAGE

NOW TAKING APPOINTMENTS

For appointment call: 330-831-8472

Monday - Saturday 10:00am - 7:00pm

30 Minute Massage - \$30.00

60 Minute Massage
YMCA Members - \$55.00
Non-Members - \$65.00

CANCER SUPPORT GROUP

THE YMCA WELLNESS CENTER &
THE TERAMANA CANCER CENTER

Thursday May 21, 5 - 6:30 PM

This group will meet the 3rd Thursday of every month at the YMCA.

GET CONNECTED

- ✓ Like us on Facebook
Steubenville YMCA
East Liverpool (Downtown) YMCA
Calcutta YMCA

- ✓ Visit us at online at
www.ymcanet.org

QUESTIONS, COMMENTS, IDEAS?

Contact Aimee Livingston, Marketing
at 740-264-7183 or
alivingston@ymcanet.org

Harmony

Wellness & Massage

Emily Cope,
LMT.

Located at YMCA Wellness Center at St. John Arena
3151 Johnson Road, Steubenville, Ohio 43952
HOURS: MONDAY - SATURDAY 10-7PM
CELL: 330.831.8472



Grand Opening Wednesday, May 25

INTRODUCTORY SPECIAL EVENTS*

TAKE CARE TUESDAY	Tuesday, May 17	5:00 – 8:00pm
WELLNESS WEDNESDAY	Wednesday, May 18	8:00 – 10:00am
MASSAGE MONDAY	Monday, May 23	8:00 – 10:00am
TENSION RELIEF THURSDAY	Thursday, May 26	5:00 – 8:00pm
TAKE CARE TUESDAY	Tuesday, May 31	5:00 – 8:00pm

*Make an appointment during any one of the events listed to receive a \$5.00 off coupon to be used towards your massage service. One coupon per person. May only be used once.

FOR APPOINTMENT, 330-831-8472

DID YOU KNOW WE HAVE BIRTHDAY PARTIES?

Castle Bounce House

Sports Challenge

Sports Court

Party Room

Call us today to schedule your party!

CHILD WATCH

Current Child Watch Hours

Monday – Friday 4:30 – 8:30pm

Saturday 8:00 – 11:00am

Summer Child Watch Hours (Beginning June 13)

Monday – Friday 8:00 – 11:00am

Monday – Friday 4:30 – 8:30pm

Saturday 8:00 – 11:00am

TORONTO YMCA SUMMER HOURS

Monday – Thursday
7:00am–2:00pm, 5:00pm–7:30pm

Friday
7:00am–2:00pm, 5:00pm–7:30pm

Saturday 9:00am–1:00pm

Sunday Closed

SILVER SNEAKER Class Schedule

SilverSneakers Cardio M–W–F 10:30–11:30am
SilverSneakers MSROM T–TH 10:00–11:00am

DID YOU KNOW?

Did You Know That When You Lose Weight, Fat Leaves Your Body Via Your Breath?

Crazy, huh? Though we like to say that ‘sweat is your fat crying’ it seems that fat is actually released as carbon dioxide when we exhale. Now before you start hyperventilating to try to slim down faster, it’s important to note that you can’t just shed fat by breathing it out — you still have to create the caloric deficit that leads to fat loss in order to exhale it away.

Oh, and some of that “sweat is your fat crying” expression holds a bit of truth — the remainder of the fat not turned into carbon dioxide is released through bodily fluids like sweat, urine, tears, etc.



OHIO VALLEY YMCA

