



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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FOR IMMEDIATE RELEASE

Outdoor Group Exercise Classes Are Back at North Suburban YMCA

Wide variety of choices bring fitness outdoors.

Northbrook, IL— For a second year in a row, the North Suburban YMCA is offering a daily schedule of outdoor group exercise classes on its Techny Road campus. From Cycle to Yoga, Tabata Intervals to Zumba, there are options for everyone to work out outdoors.

“The outdoor classes were so popular that our members asked us to bring them back again once the weather warmed up,” said North Suburban YMCA’s Senior Director of Fitness, Megan Vazquez. “With the exception of spin classes, all classes are held outdoors on days when the temperature is 52 degrees or above. For spin participants, the minimal outdoor temperature requirement is 40 degrees. Spaces in the Y’s Group Ex classes are limited and require preregistration.”

Last summer, the Y offered outdoor group exercises as a way to stay safe during Covid concerns. The Y will continue to follow the guidance set forth by the CDC, Illinois Department of Public Health and Cook County Health Department. The Y’s current guidelines address the recent changes and the move into the Illinois Bridge Phase stating that fully vaccinated staff, members, and guests may choose to wear a mask at their discretion.

For those who prefer to work out indoors, the Y offers its members free indoor group exercise classes seven days a week. The Virtual Y will also continue its online options for those who still need to remain home or are unable to return to the building. For a complete list of class and fitness center schedules, as well as membership options, visit www.nsyma.org.

About the [North Suburban YMCA](http://www.nsymca.org)

The North Suburban YMCA services Northbrook and 14 surrounding communities with programs and tools that help its residents become healthier, more connected, and confident, ensuring that everyone, regardless of age, income, or background, has the opportunity to learn, grow, and thrive. The NSYMCA focuses on Youth Development, Healthy Living, and Social Responsibility and is a charitable organization, inclusive and welcoming to all in our community. Learn more at NSYMCA.org.



Caption: Outdoor Group Exercise classes are back at the North Suburban YMCA.