



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**NORTH SUBURBAN  
YMCA**

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Northbrook, IL 60062  
[www.nsymca.org](http://www.nsymca.org)

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FOR IMMEDIATE RELEASE

**YMCA Takes Small Group Training to the Next Level with Punch Card Option**

**Northbrook, IL: August 2014** – For the upcoming Fall session, the North Suburban YMCA is introducing a collection of small group training programs for fitness enthusiasts. These classes, categorized as “Next Level Fitness,” utilize special equipment and advanced techniques to challenge participants. In training groups of no more than eight, participants receive personalized attention from trainers and motivational support from classmates to maximize their progress. The Y also is rolling out a punch card system that will enable individuals to sample different classes and establish the program that works for them.

“Our members are very excited about the new Next Level programs,” noted Margo Leaman, YMCA Director of Health and Wellness. “The classes are designed for all fitness participants who are looking for challenge, variety, and efficiency in their workouts. The punch card system is an extra advantage, because it will encourage the cardholder to try new classes and also gives them flexibility in their scheduling.” The Y also offers a wide selection of large-group fitness classes, most of which are free of charge for Y members.

Classes in the Y’s Next Level Fitness program include:

- Circuit Training
- TRX Essentials
- Off-Season Triathlon Training
- Tabata & Tone
- Extreme Intervals
- Healthy Eating
- Interval Training Express
- TRX Express

Punch cards will be available in 30-minute increments for four, eight, or 12 hours. Participants can also opt to register for a full session of particular classes. Registration is currently open for Fall session

classes, which begin on August 25. For schedules and registration information, view the Fall Program Guide at [www.nsymca.org](http://www.nsymca.org) or contact Margo Leaman, [mleaman@nsymca.org](mailto:mleaman@nsymca.org).



*Photo Caption: TRX suspension training is one of the specialized small group classes offered at the North Suburban YMCA.*

#### **About the North Suburban YMCA**

The YMCA is a not-for-profit entity and relies on donations to make services available for all families and individuals in its 15-city region. All board members are volunteers, who donate their time, talents and financial resources. Located at 2705 Techny Road in Northbrook, the YMCA has served the northern suburbs of Chicago for over 45 years. The Y is about youth development, healthy living, and social responsibility, providing programs and services that address the needs of our diverse community and are accessible to all. For more information or to make a donation, contact Barb Flanagin at 847-272-7250 or [bflanagin@nsymca.org](mailto:bflanagin@nsymca.org), or visit [www.nsymca.org](http://www.nsymca.org).