



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GETTING STRONGER EVERY DAY

YMCA invites you to join free challenge to reenergize spirit, mind and body

October 15, 2020 – Sick and tired of feeling sick and tired in these COVID-19 times? The Northfield Area Family YMCA invites all in the community to participate in a free six-week STRONG challenge designed to help transform spirit, mind and body. Now, more than ever before we need to recharge and refocus. The COVID-19 pandemic has worn many down. It has isolated us in so many ways. This challenge provides an opportunity to get active and healthier by yourself or as a Strong family.



Register online (northfieldymca.org, click the red “register” button) to ensure you get access to all of the program content. You will receive three emails a week filled with motivation, challenges, workouts and more. You will also have access to the national YMCA STRONG Challenge Facebook group to connect, share, and be supported.

Everyone in the community is also invited to workout wherever you are, taking free YMCA live Zoom online classes like Zumba, yoga and HIIT. The complete weekly schedule is available at MyY.org/live, thanks to the class sharing of YMCA of Greater Cincinnati. Northfield Area Family YMCA virtual classes can be viewed on our [Facebook page](#). Visit our website northfieldymca.org/health-resources and learn more about the STRONG challenge and to find ways to be your STRONG.

Membership to the Northfield Area Family YMCA is not required to participate! Registration is FREE for everyone. Members active at the time of registration receive a Yeti-style water bottle upon completion. Non-members get the joiner’s fee waived if they join between December 5 and 12th, 2020. Did you know we also offer membership scholarships? We want to support everyone in their goals toward healthy mind, body, and spirit and encourage you to take the challenge!

- To register for a program online, go to our website northfieldymca.org.
- In the upper right corner, click on the red “register” button.
- Find the program you wish to register for (STRONG Challenge!).
- Click the blue “register” button.
- Enter your information to find your account (if you are a member) or to set up an account (if you are not a member).
- You should receive a confirmation email that you are registered!

Call the Northfield Area Family YMCA at 507-645-0088 with any questions.