



# RIDGEDALE YMCA QUARTERLY NEWSLETTER

## Hours of Operation:

Monday -Friday: 5:00am-9:00pm

Saturday & Sunday: 7:00am-5:00pm

Phone: 952.544.0788

## WHAT MOVES YOU?

Maybe it's connecting with like-minded people, or seeing a smiling face everyday. Perhaps you're motivated to spend more time with your grandkids, or run your first big race. We want your input! Join us for a gathering to reflect on and discuss what moves you!

**Wednesday, August 13th at 11:15  
or Thursday, August 14th at 10:15**

Both in the Healthy Living Center  
Light snacks will be provided.  
Please attend only one session.



## RIDGEDALE COMMUNITY FUN DAY

Mark Your Calendars  
for this free event including  
music, food, raffles, games  
and activities for all ages!  
Bring a guest for a chance to  
win a prize.

**Saturday,  
September 20th  
11:00am-2:00pm**

## Reminder:

All Y of the North branches will be  
closed on Labor Day.

Scan the code with your phone  
camera to view **Branch Schedules**  
Gym, Pool, ForeverWell and more!



# WANT TO FEEL LIKE A SUPERHERO? IT'S TIME TO TRY GROUP FIGHT!

Twice a week, Teresa Barnhill teaches a fun and exciting class called Group Fight. When she's not leading group exercise, Teresa might be learning Korean (the fifth language she's taught herself) or at the library, where she's a full-time librarian. In between all of that she was able to tell us more about why everyone should experience Group Fight.

**Tell us about Group Fight:** I think people see "Group Fight" and think it's punching a punching bag, but it's choreographed and everyone is moving together. You have a chance to learn the moves and there's sound effects whenever you punch or kick! You don't have to have any martial arts experience.

**What's the biggest benefit?** It's the Mind work; it's really good brain training. But what I really love is that it's high cardio, but it also builds in strength training. You're strengthening your arms, legs, your core which is nice, because a strong core is important for everything.

**It looks intimidating- who can do Group Fight?** Everybody can, you don't need experience. And we always show modifications.

**Why should people do it?** Because it's fun and it's a great stress release. At the end, you truly feel super invincible. You feel like a superhero.



Group fight is offered  
**Mondays at 10:15** in  
Studio A  
**Thursdays at 6:00pm**  
in Studio A  
Both classes are taught  
by Teresa

Teresa with members  
Callie & Kristin



## Help Support the Ridgedale Y!

As a non-profit, your donations help provide swim lessons, sports, memberships and wellness so everyone can benefit from all the Y has to offer. Donate today! We appreciate your support!

## It's not too late to schedule your **Free Fitness Assessment!**

This 60-min appointment with a Certified Personal Trainer allows you to talk through your goals and set some action steps. Complete an optional InBody Assessment to quickly and accurately determine your basal metabolic rate, muscle mass, body fat percentage and more. Not sure where to start at the Y? This is a great foundation for your wellness journey!

Schedule with Nikki (across from studio B) or at the Front Desk

## **3-On-3 Basketball Registration is Open!**

Grades 1st-8th , Wednesday evenings  
Season starts September 3rd

## **Fall Swim Lessons Session**

begins September 8th.  
Member registration opens  
Wednesday, August 20th.

## **Kids Stuff Fall Hours**

Mon-Fri:  
8:45-12:00 & 4:45-7:30  
Saturday: 8:45-Noon



**October 25th 12-4pm**  
Grab a buddy and take the challenge! Register online:  
[ymcanorth.org/adventure](http://ymcanorth.org/adventure)



Members enjoying a visit to the Arb in June