



According to the U.S Surgeon General, 1 in 2 adults in the U.S report loneliness. Y-Groups are one of many steps we're taking as an organization to crush that statistic, and create a sense of community.

What Are Y-Groups?

- Free YMCA group programs that strengthen achievement, relationship, and belonging in our lives.

Why Should I Join a Y-Group?

- Build life-long friendships with people in your community.
- Receive transformational tips, wellness facts, and opportunities to get involved.
- Get updates and stay-in-the-know with your Y-Group and your YMCA.
- Quarterly social event with your group.

How Do I Join a Y-Group?

- Simply text your group's hashtag to 513-750-9622! You'll then be prompted to sign up for an account, and then you're good to go!

How Does Communication Work?

- When group leaders send messages, you'll receive them as a text. You can't communicate with others in the group, but you can communicate with your group leader!

What Kind of Messages Will I Receive?

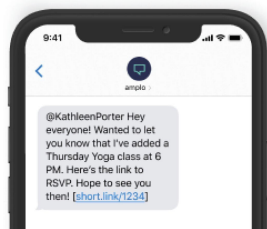
- Throughout the month, your group leader will send any updates relative to the group, wellness tips, inspiration, volunteer opportunities, and any other helpful information! They won't spam you with texts (we promise!).

Will There Be Any In-Person Components?

- Yes! Some groups, such as group exercise classes and fitness-related groups, will have in person meetings. For example, when they meet during class or for a scheduled workout.
- Not all groups will meet weekly, but your group leader will provide you all of this information!
- Once per quarter, an in-person social event will be arranged by your group leader.

Zumba Group

at R.C. Durr YMCA



Text **#RCDURRZumba** to
513-750-9622

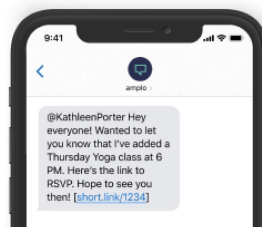
What Can You Expect?

- A lively Zumba class that combines Latin rhythms with easy-to-follow moves to create a one-of-a-kind fitness program aimed at improving cardiovascular fitness, muscle conditioning, balance, and flexibility.
- Engaging instructors foster a party-like atmosphere making exercise feel less like a chore and more like a fun social gathering.



Water Exercise

at R.C. Durr YMCA



Text **#RCDURRWaterExercise** to
513-750-9622

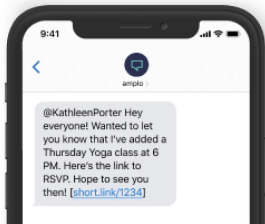
What Can You Expect?

- An aquatic fitness class that utilizes water resistance to enhance cardiovascular stamina, strength, and flexibility, offering a low-impact yet effective workout solution.
- The buoyancy of water reduces stress on joints making it a suitable choice for individuals with arthritis, mobility issues, or those looking for a gentle exercise routine.



Women On Weights

at R.C. Durr YMCA



Text **#RCDURRWOW** to
513-750-9622

What Can You Expect?

- 1x/wk meeting with a Certified Personal Trainer and group of women to learn weightlifting technique and become more familiar with the weight room!
- Make new friends while getting stronger!
- Meet Wednesdays at 11am-12pm starting 11/8



Cycling Group

at R.C. Durr YMCA



Text **#RCDURRCycling** to
513-750-9622

What Can You Expect?

- A dynamic cycling class where participants can ride at their own pace while experiencing the camaraderie of communal exercise, under the guidance of motivating instructors.
- Designed to build endurance, strength, and cardiovascular fitness in a low-impact setting, making it suitable for individuals of all fitness levels.



H.I.I.T Group

at R.C. Durr YMCA



Text **#RCDURRHIIT** to
513-750-9622

What Can You Expect?

- A High-Intensity Interval Training (HIIT) class designed to push participants to their limits through bursts of intense exercise followed by brief recovery periods. This regimen aims at enhancing cardiovascular endurance, burning calories, and building muscle strength in a time-efficient manner.
- An invigorating environment led by certified instructors ensuring the participants are motivated, engaged, and performing exercises safely and effectively.



Pickleball Group

at R.C. Durr YMCA



Text **#RCDURRPickleball** to
513-750-9622

What Can You Expect?

- A fun and social group engaging in Pickleball, a paddleball sport that combines elements of tennis, badminton, and table tennis, promoting both physical and mental wellness.
- Suitable for individuals of all ages and fitness levels, offering a great way to enhance coordination, agility, and enjoy a sense of community.

