

EMMA B HOWE NOVEMBER NEWSLETTER



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

EMMA B HOWE COON RAPIDS YMCA

8950 Springbrook Drive

Coon Rapids, MN 55433

emmabhoweymca.org

SUPPORT YOUR COMMUNITY: BECOME A BOARD MEMBER

The Emma B Howe Family YMCA is looking for a supportive and active member in the community to volunteer on the Board of Directors. Our Board of Directors is made up of dedicated community leaders who use their knowledge and talents to support fundraising and help address and support community programs and activities. Interested? Contact Allison Boes, Executive Director, at 763.230.6525 or email allison.boes@ymcamn.org.

SMALL GROUP TRAINING CLASSES

Diversify your fitness routine with group training. Enjoy challenging and unique workouts in a small group setting that fit into your schedule.

- Work out with four to eight other participants and a Personal Trainer
- You and your small group will participate in a specialty class
- Classes run on a seven-week schedule—choose from 30-, 45- or 60-minute options

We offer Pilates Reformer, Kettlebells/TRX Fusion, Lighter U and Rollga Recovery and Movement. See schedule for more details.

YMCA MOBILE APP

Reach your health and fitness goals with a connected fitness experience that helps make the most of your Y membership.

The mobile app enables you to set fitness goals, track your progress, link with other apps, connect to cardio machines and participate in fitness challenges.

Extras include: registering for Kids Stuff, see on-demand classes, view our schedules/calendars, access your member guide, find child and teen activities and many more.

Download the YMCA Twin Cities app today!

GYM SCHEDULE

We have made some recent changes to our gym schedule. Due to government and health department guidelines, we have limited capacity on the basketball courts for activities so please view our gym schedule for open gym times. Our current gym schedule can be found online or visit Member Services for more information.

ACTIVITY FINDER

Try out our new *Activity Finder* feature to easily view and register for upcoming classes. Filter by age, day & time, location and activity.

CONTACT INFORMATION

Allison Boes
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Stacey Ivy
Family Engagement Director
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Brooklyne Birk
Aquatics Director
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Ric Johnson
Senior Coordinator of Swim Lessons
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Maria Bunes
Group Exercise Specialist
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FACILITY HOURS

Monday-Friday 5am-8pm
Saturday 8am-5pm
Sunday Closed

KIDS STUFF HOURS

Monday-Thursday 8am-12pm &
5pm-7:30pm
Friday-Saturday 8am-12pm
Registration Required