

Are you still with us Tia?

If you have stuck to your new year fitness resolutions this long, you are amazing! Did you know that 4% of new gym goers don't even make it past the end of January and 14% drop out in February? But not you! You are clearly working your way to a happier, healthier you!

As you are working on transitioning into your healthier self, we have some changes coming in March as well! New events have been added, there's changes in our administrative staff, new equipment is coming, a couple fitness classes have changed, and our first member challenge of the year, Commit to Fit, is coming to an end. Read on to learn more!



SAVE A LIFE
Our March blood drive is next Tuesday! Will you save a life by donating?
[GET AN APPOINTMENT](#)



NEW STAFF
CHANGES COMING
We have some departmental changes coming in regards to our management staff!
[MORE INFO](#)



UPCOMING EVENTS
Triangle Y Camp Registration
Jan 1 - July 21, 2019
Sign up your child for resident camp out by Lake Sakakawea! They will have an experience that lasts a lifetime!
[REGISTER](#)

Kinder & Day Camp Registration
Jan 1 - Aug 4, 2019
Register your 3-11 year old in Kinder or Day camp! All the fun of camp but have them home at the end of the day!
[REGISTER](#)

3-6 Grade Boys Basketball League Registration
Feb 11 - Mar 18, 2019
Sign your child up for youth basketball league. Players will learn the basics of basketball. Season is from April 6 - May 11, 2019
[MORE INFO](#)

Spring I Swim Lesson Registration
Mar 4-9, 2019
Register for swim lessons for all ages!
Lessons run Mar 11 – Apr 15, 2019
[REGISTER](#)

YMCA Blood Drive
March 5, 2019
Save a life by donating blood from 9AM-2PM at our blood drive in the South Gym. Set up an appointment or walk in!
[SET UP AN APPOINTMENT](#)

Karen Groninger Memorial Boys Basketball Tourney
Mar 9, 2019
This tournament is for 3rd-6th grade boys, hosted in memory of Karen Groninger. Registration deadline is February 22.
[MORE INFO](#)

WHAT'S NEW?

MARCH 30, 2019
SELF DEFENSE
AGES 13-23 | 12:30-2:30PM | YMCA FITNESS ROOM
FREE CLASS LED BY MINOT MARTIAL ARTS

PROTECT YOURSELF
Minot Martial Arts is coming to provide a free self defense class at the Y to all teens and young adults!
[MORE INFO](#)

COMMIT to FIT

We will be drawing for the winners of the Commit to Fit Challenge on Monday, March 4! Finish out the last two days of this last week strong!

FITNESS CLASS CHANGES
STARTING MARCH 1
 Noon Cycle on Tuesdays will now be
EXPRESS CYCLE
12:15-12:45
 Noon Zumba on Tuesday we be
REMOVED FROM THE SCHEDULE

Y STAFF SPOTLIGHT

Aquatics Director Kate Miner will be taking over as the Aquatics Director in the next few months. She will be learning the ropes before our current director, Alina, moves out of state. Kate hails from New Jersey and has experience as a lifeguard and waterfront administrator.	Physical Director You might recognize Brooke Newberry from the service desk where she was a lead; but now she will be the Y's new Physical Director in the Training center. Brooke is stationed here from Idaho with her husband who is in the Air Force.	Program Services You've probably known Tia Klein as our Physical Director in the Training Center the last few years. She will move downstairs as Director of Program Services which includes supervising program directors, marketing, public relations, and more!
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LAST MONTH IN PHOTOS



The East Training Center received new equipment at the end of February!



On one of the coldest days of the year we had a BIG Zumba class!



We had quite a few youth in our Triathlon this year!



Special shout out to Kathy Pemberton, Amy Lee, and Jennie Manzingo our BIKE ND SPIN CHALLENGE Round 1 1st, 2nd, and 3rd place mile leaders



Ronnie was one of the Adaptive Athletes who participated in the Triathlon on Feb 16!



Our program directors Tia & Alina went to the 2018-2019 United Way Banquet and represented the YMCA!



Anna Lise came to the Prairie Grit Triathlon practices and crushed it during the Splash, Spin, & Dash Triathlon!

Want to be featured in our next newsletter?

EMAIL US

Be featured in **Member Spotlight** or get all your fitness questions answered in our **Ask the Trainer** column!



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