



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Building a Stronger Us:

A Special Message from President & CEO, Peter T. Rosario

As part of our commitment to helping members and our community grow stronger, I am excited to announce the official opening of the Ocean County YMCA's expansive NEW Family Activity Center on June 24.

Featuring a dynamic, functional wellness area custom-designed for the Ocean County Y by our partner, Aktiv Solutions, the Family Activity Center (FAC) will be open from 6 a.m. to 8 p.m. on weekdays and 8 a.m. to 4 p.m. on weekends. This space is truly unique and the first of its kind in our community.

The 6,800-square-foot wellness arena was created to maximize opportunities for you, your family and other members to interact with each other through a wide-array of fitness challenges, group exercise classes, and personal and group training. There are three distinct sections in the space:



> FAC GREEN - Our group exercise pod is designed for classes of 15-20 members. Classes will be geared for all levels of fitness and ages.



> FAC BLUE - Our individual and personal training pod is designed for individuals, families, and personal training workouts. Whether, you choose to work out with a training buddy, a personal trainer, or your entire family, this space is designed to accommodate small groups of 2-4 people working out together.

> FAC YELLOW - The multi-functional "Bridge" pod is designed for group exercise classes, personal training, individuals, and families.

Family Activity Center Aligns Our Vision & Commitment that the Y IS FOR ALL!

I am pleased to report that we've received rave reviews from members, swim team athletes, senior citizens, and personal training staff who've been testing the new space. I'd like to extend my personal thanks to those of you who have served as early adaptors

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and provided us with initial feedback. Many of you have been featured prominently in videos and on our social media pages, which helps to spread the word to our entire community.

The Y is Here to Strengthen the Foundation of Ocean County.

The Y's cause is to strengthen our community. In Ocean County, our approach to community building is deeply rooted in the concept of fostering healthy social infrastructure as described by Eric Klinenberg's book *Palaces for the People*.

"People forge bonds in healthy social infrastructures, not because they set out to build community, but because when they engage in sustained recurrent interaction, particularly while doing things that they enjoy, [because of this] relationships will inevitably grow."

No matter what your personal goals, one of the greatest benefits of being a YMCA member is the opportunity to build relationships with each other.

Together, we do so much more!

Thank you for choosing to be a part of our YMCA family. On behalf of our staff and board, we look forward to continuing to work with our neighbors, every day, to build a stronger us!



My Very Best,

Peter T. Rosario
President & CEO

View videos of the FAC on our
You Tube Channel @ OCYMCA