



**YMCA of South Hampton Roads**

We build strong kids, strong families, strong communities.

May 1, 2008

**FOR IMMEDIATE RELEASE**

For more information contact:  
Jenna Meyers, Communications Director  
YMCA of South Hampton Roads  
757-275-9443

### **Local YMCAs Welcome Active Older Adults with Open House**

**Hampton Roads** – From Baby Boomers to retirees, the YMCA is celebrating active Older Adults with an Open House for ages 55 and older from 8 am - noon on Wednesday, May 28. All YMCA of South Hampton Roads family centers will offer free functional fitness assessments, blood pressure tests, chair exercise demos, healthy snacks and more during the event. Open House visitors can also participate in any YMCA activity they wish and pay no joining fee should they decide to join the YMCA that day.

Today's seniors are more active than ever. The YMCA offers exercise classes and socializing at luncheons, day trips and more. Yoga and Tai Chi and Aquatic classes provide a great cardiovascular workout with minimal joint stress. Senior Strength Training and Walking with the Y help increase bone density and reduce the risk of heart disease. The state-of-the-art equipment in YMCA fitness centers allows individuals to work out at their personal fitness level and meet their fitness goals.

Contact your local YMCA for a complete schedule of activities; call 962-5555 or visit [www.ymcashr.org](http://www.ymcashr.org) to find the location nearest you.

*The YMCA of South Hampton Roads is a nonprofit, community-based health and human services organization that serves over 160,000 children and families each year. More than 14% of those families receive financial assistance through the Open Doors program, helping them achieve their full potential in spirit, mind and body. The YMCA's doors are open to people of all ages, backgrounds, abilities and incomes.*

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