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YMCA of Greater Erie

YMCA Mission: To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

For Immediate Release

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YMCA of Greater Erie's Downtown Branch Begins Teen Fitness Classes

Erie, PA . The YMCA of Greater Erie's Downtown Branch, 31 West 10th Street, will begin to offer teen fitness classes on Monday, April 19. Teens, 13-18 years of age, can participate in Hip-Hop classes on Mondays and Wednesdays at 6 p.m. and YCycle on Thursdays at 6 p.m. Free for YMCA members; \$11 for non-members.

About the YMCA of Greater Erie: The mission of the YMCA of Greater Erie is to put Christian principles into practice through programs that build healthy spirit, mind and body for all. Integral to all YMCA programs is character development and developmental assets. **Character** Development is based on the four YMCA core **values**-caring, honesty, respect and responsibility.

For 150 years, the YMCA of Greater Erie has been dedicated to building strong kids, strong families and strong communities with a mission to put Christian principles into practice through programs that build a healthy spirit, mind and body for all it. Is also the belief of the YMCA that no one should ever be denied services because of inability to pay. Additionally, our income-based membership ensures that everyone can belong to the YMCA.

Our four convenient locations throughout the Erie region offer programs for all ages from our creative and fun youth sports programs to a wide variety of active older adults classes. Our award winning early learning care for children is offered at twenty locations throughout Erie County. A fit lifestyle and a philosophy dedicated to honesty, caring, respect and responsibility, the YMCA of Greater Erie celebrates a century and a half of services to our community.

To learn more visit www.ymcaerie.org.

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