



For Immediate Release: 1/19/09

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Northeast YMCA Offers Strength Training for Runners

(Amherst, NY) – The Northeast Family YMCA is pleased to offer Strength Training for Runners on Wednesday February 25, 2009. Runners 14 years old and older can reap immense benefits by adding strength training to their exercise program. Our AFAA (Aerobics and Fitness Association of America) Certified Personal Trainer will teach you the exercises that will benefit you most to make your race season the best yet!

The program will run from 6:30 - 9:00 p.m. and will cost \$10.00 for YMCA members and \$12.00 for non-members. The Northeast Family YMCA is located at 4433 Main St, Amherst. To register call 839-2543 today!

YMCA Buffalo Niagara is an inclusive association of people committed to a common effort to help individuals and families reach their fullest potential in terms of spirit, mind, and body. Founded locally in 1852, the YMCA is committed to significantly expanding a fiscally sound, service delivery organization which delivers high quality, market driven services to a growing Western New York constituency.

As a dynamic, charitable, organization, YMCA Buffalo Niagara has been able to assist countless youth, families, and senior citizens so that they may benefit from YMCA programming. YMCA Buffalo Niagara serves more than 100,000 people annually through its association of seven branches across Western New York, YMCA resident Camp Weona as well as 40 community based program sites. From fitness to school age child care programs, swimming lessons to camp, there is something for everyone at the YMCA. For more information on all of the programs the YMCA has to offer and our financial assistance program, please contact your local YMCA branch or visit us online at www.ymcabuffaloniagara.org.

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