



For Immediate Release: 9/29/09

Contact: Jasen Wood, Executive Director, Ken-Ton YMCA

Phone: 874-5051

## Ken-Ton YMCA Offers **NEW** Fitness Classes

(Kenmore, NY) - The Ken-Ton YMCA is pleased to offer a wide variety of NEW fitness programs to its line up for the fall and early winter sessions. Many of these programs are free to members and are at a minimal cost to non-members. Some of the new programs include: Sunrise Yoga, Core Training, Cycling, Zumba, and Pilates. To learn more about these classes, please feel free to contact the Ken-Ton Family YMCA, located at 535 Belmont Ave., Kenmore, at 874-5051 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](http://www.ymcabuffaloniagara.org).

###