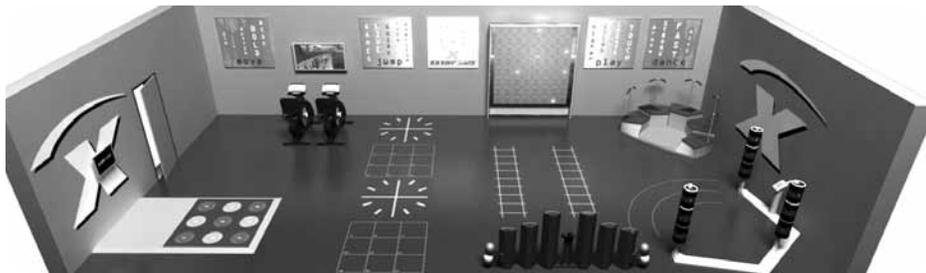


COMING THIS SEPTEMBER!

Fitness Meets Technology in the Rye Y's Exciting New ExerZone!

For youth, teens, adults and families! We've heard you and we're here for you!



How does the Rye Y get individuals and families to become more active together? **ANY WAY WE CAN!** In addition to the hundreds of different ways the Rye Y currently helps people become more active, this August, the Y's underutilized racquetball court will be transformed into ExerZone, an innovative studio that will intersect fitness, fun and technology! We plan to combine equipment, activities and movement with proven fitness principles, training protocols and programming into a fun, energetic and engaging atmosphere! We believe that this unique combination will provide people of all ages and conditioning with a variety of physical, social and cognitive benefits.



T-Wall: Whether training for power, agility, endurance, flexibility, or reaction, T-wall tests your personal limits and provides cardio benefits across numerous applications--including sports, fitness, rehabilitation and Exergaming.



PaviGym: Individuals and groups will discover unlimited structured exercises delivering a new exercise experience, compliments of sequenced and vibrant lighting and symbol-progressive exercise cues.



3 Kick: This piece will be loved by youth, kick boxers, instructors, trainers and those that just want to have fun competing with friends while exercising the full body.



Heavy Ball: Using a medicine ball of your choice, individuals of all fitness levels will enjoy a fun and unique workout.



Jump Q: Jumping now has a new twist with the Jump Q. Designed to provide an incredible lower body workout, it also increases a users' reaction time.



Exerbike GS: This is a "pedal-to-play" stationary bike that will keep users moving and coming back for more.



Nexersys: The ultimate interactive cardio machine delivers high intensity interval training with cardio, strike, core and avatar gaming rounds for all levels. (Will be located in the Freestyle Fitness Zone.)

The Rye Y's "ExerZone"

YOUR QUESTIONS ANSWERED

Why this new studio?

We've listened to our members and community and continue to find ways to help individuals and families improve overall health and wellness. Adding the elements of both technology and play, ExerZone will offer one more option for members who are looking for ways to become more active, or who want to mix up their routine.

Where will ExerZone be located?

The underutilized racquetball court will be transformed into ExerZone. Our usage studies show that the court currently sits idle for 75% of the time.

What is going into the new space?

Six new pieces of cutting edge, interactive equipment that combine fitness, movement, light and sound for a fun, energetic experience. This unique combination will provide people of all ages and conditioning with a variety of physical, social and cognitive benefits. (See the other side of this flyer for a description of each piece of equipment.)

Who can use ExerZone?

This studio is being developed for Rye Y members only and Rye Y sponsored events. We are developing programs and services that will benefit individuals of all ages and conditioning.

Is use of ExerZone included in my Y membership?

Yes. This is just one more value added to your membership. There may be some specialty classes developed that may have an additional fee.

When will ExerZone open?

Renovation of this space will start on or around August 1, 2015. We anticipate that the new studio will open for use in September. Watch for announcements via social and traditional media, posters in the building and in our member newsletter.

Will ExerZone be staffed?

Rye Y staff will be in the studio at all times during the first few months. Staff will also be able to provide tutorials. As always, we will determine program and staffing needs based on member use, always taking your feedback into consideration.

For more information, please call or email:

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