

**FOR IMMEDIATE RELEASE**

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**14<sup>th</sup> Street Y Completes Renovations,  
Offers Open House with  
FREE Fall Fitness Flights  
October 15, 2017**

*With this major renovation, the 14th Street Y offers New Yorkers tired of subway meltdowns the opportunity to melt away their stress with new saunas, a soothing swim, a game of basketball, or a healthy workout on their new Cybex equipment.*

**14<sup>th</sup> Street Y** offers a free **Fall Fitness Flights Open House** on Sunday, October 15, 2017 from 9am to 4pm. Experience the best that 14th Street Y Membership has to offer with a fun filled day of special classes and clinics (Zumba, Yoga, HIIT, Hip Hop, Boxing, Perfect Your Push-ups and Squats), Juggling Demo with NY Lyric Circus, Open Basketball Run in our gymnasium, food and beverages (coffee, bagels, and mimosas) from neighborhood partners, and raffles to win fantastic prizes including free childcare cards, personal training sessions, Visa Gift cards and more. Members who bring a friend will be entered to win a raffle item and receive one month's free membership if the friend joins. New members receive \$99 off when joining by 10/15. Childcare hours extended until 4pm on the day of the event. Event is free for members and non-members.

**Fall Fitness Flights Open House:**

9-9:50 AM - HIIT with Lauren Mann

10-11:20 AM - YOGA with Lorrie Dirkse

10:30-12 noon - Family Swim

11:35-11:55 AM - Josue Castaneda Perfect Push Ups + Squats Clinic

12:05-1 PM - HIP HOP POP UP with Tara Crichlow

12:15-1:45 PM - Open Basketball Run in Gymnasium

1:10-2:10 PM - Zumba with Celeste Rivera

2:15-2:45 PM - Jacob Ingram BOXING

The Open House will allow attendees to get a tour of the multiple upgrades completed this summer in the 14<sup>th</sup> Street Y fitness facilities. In 2016, the fitness center was completely renovated and now features a full circuit of Cybex equipment, new floors, and freshly painted walls. This summer, additional upgrades included new saunas in both locker rooms and a major renovation to the shower areas. As always at the end of summer, yearly maintenance is performed on both the pool and the basketball gymnasium to ensure that everything is in top shape for members. Through partnerships with other community centers in downtown Manhattan, the 14th Street Y also provides alternative locations for their members to use while they close their facilities for renovations in an effort to provide work out options so members can continue their routines. The fitness center offers a complete Cybex Prestige training circuit, a full array of Cardio equipment, as well as a fully stocked free weight section that includes a Max Rack and a Power Cage.

“We are always looking for new opportunities to improve our facilities for our growing community and this past summer was no different. Refreshing the 14th Street Y with upgrades, including brand new

saunas, helps to provide a positive and full experience for our members,” said Jordan Brackett, Associate Executive Director, Operations and Business Strategy, 14th Street Y. “We are now fully up and running and excited to share the beautiful renovations with our community.”

“Our focus has been to enhance the member experience in all areas of the 14th Street Y and we will continue to make enhancements throughout the months and years ahead. We are a community where everyone is welcome and we want to provide a warm and comfortable environment for all our guests to enjoy now and always” said Shira Koch Epstein, Executive Director, 14<sup>th</sup> Street Y.

### **About the 14<sup>th</sup> Street Y**

The 14th Street Y is a cultural hub in downtown Manhattan, providing services for our entire community from health and fitness and personal training to camp and after school programs to arts + culture programming. No matter what your interests you have a place here and we invite all our members to try out the many offerings, activities, and facilities we provide. The 14th Street Y also offers complimentary Wi-Fi, affordable childcare while you work out, an indoor pool, CSA, rooftop fitness classes, community breakfasts, and more. Serving more than 20,000 people annually with a variety of community programs, the 14<sup>th</sup> Street Y is proud to be a part of Educational Alliance, a 501(c)(3) non-profit organization with a 128-year history of serving New Yorkers downtown.

For more information, or to become a member, visit [14StreetY.org](http://14StreetY.org) or call 646-395-4310.

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