



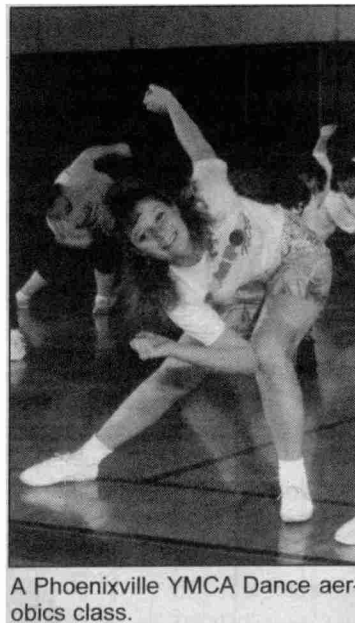
Y members work up a sweat in Beat class in the Bradley S. Thomson Activity Center.

New Studios Keep Phoenixville Trendy

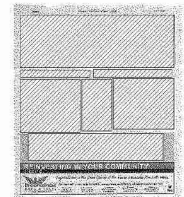
by Rachel McDonald

The fitness world is constantly changing. Twenty years ago, Tae Bo didn't exist and the term 'pilates' only entered into mainstream popularity in 2000. Today, they're fitness programming essentials.

The Phoenixville YMCA has seen a lot of fitness trends come and go over the years. Remember Dance Aerobics? Cherri Romano started aerobics classes at the YMCA in 1979. Initially women had only a one-hour time slot in the afternoons to use the gym. The classes were soon overflowing and Cherri had to find new space for her popular program, eventually holding 65 classes in over 30 different locations, including churches and schools. "We had class any place with a room big enough to hold us," said Romano. A 1981 Phoenix newspaper clipping about the YMCA announced, "Aerobic dancing, the exercise craze that is sweeping the area, is now available to the very young as well as the young at heart." In addition to their Aerobics classes for women, the Phoenixville YMCA, noticing that children and seniors were interested in the "craze," began offering JAM (Junior Aerobic Motion) classes for kids 7-12 and Pure Gold, for those over 60, in September 1981. Twenty-seven years later, Dance Aerobics has been replaced with Step Aerobics and Hip Hop classes. We're still moving, but to very different music!



A Phoenixville YMCA Dance aerobics class.



In contrast to holding classes in church basements, the four new fitness studios in the Expansion & Renovation Project, including a Yoga Studio and a Cycling Studio, provide the space the Y needs to continue to offer popular, high-demand classes as well as new fitness trends. "It is fantastic to have a studio dedicated solely to our wide range of yoga classes," said Kimberly Noecker, Adult Program Coordinator at the Phoenixville **YMCA**. From Hatha yoga to power yoga to yoga focused specifically on the back and abdominals, yoga classes take place in Phoenixville's yoga studio six days a week.

According to a survey done by ACSM's Health & Fitness Journal of the Top 20 Worldwide Fitness Trends for 2008, the predicted top 10 trends included yoga (#10), ball classes (#9), pilates (#7), senior classes (#6), core training (#5) and experienced instructors (#1). You can find all of the top trends at the Phoenixville YMCA and expect to see a new and wider variety of programming utilizing the new studio spaces. The studios are designed for multi-purpose use and feature impact-absorbing flooring, mirrors, sound systems and adjustable thermostats. Large group classes are also held in the new Bradley S. Thomson Activity Center's gymnasium, which can be used as one large program space, or divided to allow multiple classes to use the space simultaneously.

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