

JANUARY 2026

FAMILY YMCA OF LANCASTER
& FAIRFIELD COUNTY

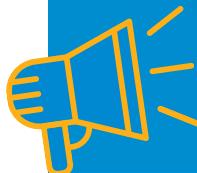


NEWSLETTER

the | 175^{YEAR ANNIVERSARY}

HAPPY NEW YEAR!

2026



TELL YOUR
FRIENDS:



\$0 JOINING ALL.
FREE MONTH.
LONG.

2025 EMPLOYEE OF THE YEAR



Annie Weaver

We are proud to announce that Annie Weaver has been selected as our inaugural Employee of the Year. This new tradition was established to recognize staff members who go above and beyond in their service to our community, and Annie's contributions throughout 2025 made her the clear choice for this award!

A Year of Connection and Energy

Annie has a unique ability to turn fitness and wellness into a source of genuine excitement. Her creative approach to programming has significantly increased engagement across our association, bringing a renewed sense of energy to our members.



Strengthening Our YMCA Culture

From the Silver & Strong Olympics and the Rudolph Run to the upcoming "Fit Happens" Program, Annie has been instrumental in shaping the current culture of our YMCA. Her dedication to creating fun, festive and rewarding environments help make the Family YMCA feel like home for so many.

Thank you for being part of our YMCA family, Annie!

JANUARY 2026

ymcalancaster.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Gift of Time RECAP!



EMPLOYEE OF THE MONTH



Since the day Mia started lifeguarding, we knew she was one of a kind. As our Head Lifeguard, she has truly stepped up, keeping a watchful eye on the pool, supporting her fellow guards, and leading by example every shift.

Mia is always there when the team needs her, helping create a positive, safe, and supportive environment for everyone. We are so grateful for her dedication and hard work. Thank you, Mia!



Mia Petty

MEMBER OF THE MONTH



Dempsey Bailey

From the coal mines to the classrooms of Lancaster High, Dempsey (born 1931) is an inspiration.

He never skips his daily mile walk and is a regular in our Geri-fit class, where he proves that age is just a number by performing perfect squats!

Dempsey's Words of Wisdom:

- Be content and thankful.
- Support others.
- Keep moving and enjoy life!



BROUGHT TO YOU BY: **Park**
NATIONAL BANK



YOUTH
-&-
FAMILY



Ready to hit the gym?

Iron Teens is a fun, hands-on class designed to help teens learn how to safely and confidently use the weights and equipment on our Wellness Floor. Our instructors will guide participants through proper form, beginner-friendly workouts, and tips to make the most of their time in the gym.

Completion of this class allows young teens to use the equipment on the Wellness Floor.

By the end of the class, teens will feel comfortable working out on their own while building healthy habits that can last a lifetime!

Classes start January 10
Saturdays | 11:00 AM–12:00 PM
Ages: 11–14

Register online at ymcalancaster.org

**HAPPY
NEW YEAR!
2026.**



FIT HAPPENS

THE 2026 WELLNESS REVOLUTION



We're launching a wellness challenge built for every level, every goal, and every person who is ready to make real, lasting change.

FIT HAPPENS is not a weight-loss challenge — it's a full mind-body wellness reset designed to help you feel stronger, healthier, and more confident from January through April.

All members are welcome — and YES, we can set up a payment plan if needed.

Take control! | Say yes to no more restarts! | Let's make it happen!

WHAT'S INCLUDED?

Compare Your Fit Happens Packages

- Blood Pressure Check
- Standard Fitness Assessment (Core, Strength, Flexibility, Cardio, Weight Test)
- Final Retest
- Mid-Way Retest
- Body Fat %
- Measurements
- Weekly Wellness Tips
- Weekly Check-Ins (phone or email)
- Base Workout Handouts (machines + Free weights)
- In-Person Orientation
- In-Person Check-In Option
- Progressive Workout Updates
- 3-Month Maintenance Package

CHALLENGE DATES

January 12 - April 3

Your transformation doesn't end when the challenge does. Stay connected, stay accountable, and maintain your momentum through the Final Assessments!

Rudolph Run Participants Receive \$5 OFF Any FIT HAPPENS Package

Stop restarting. Start progressing. Let's make 2026 the year FIT HAPPENS. Register at the front desk today. Payment plans available — ask us how.

ALL PARTICIPANTS MUST REGISTER BY JANUARY 3, 2026!

BONUS: WIN FREE TRAINING

Participants showing 3+ positive changes (blood pressure, body fat, inches, strength, cardio) will be entered to win a FREE 3-month training package with **Annie Weaver**.

RIVER VALLEY CAMPUS UPDATE



Beginning **Monday, January 12th**, members at our River Valley Campus YMCA will be asked to adjust their route to the wellness floor. After checking in at the front desk, please follow the back hallway past the locker rooms and basketball gym to enter the wellness floor from the far hallway. To ensure patient privacy, we continue to ask YMCA members not to enter through the Fairfield Medical Center Therapy Patient area.

This will be the beginning phase of renovations that will give YMCA members their own entry/exit door into the YMCA designated wellness area.



YMCA360

A 360-DEGREE DIGITAL EXPERIENCE FOR MEMBERS ON MOBILE, TV, AND WEB



WHAT IS YMCA360?

YMCA360 is a member benefit that gives you access to virtual classes that support a healthy mind, body, and spirit. Additionally, members can engage in app features that allows you to customize your health and wellness journey. The things you love about the Y, it's people, places, and programs, are all on YMCA360!

- Livestream and on-demand classes taught by YMCA instructors from around the U.S.
- 2,800+ pieces of content supporting the mind, body, and spirit.
- Fitness classes, sports instructions, nutrition/ cooking classes, children's book readings, and so much more!
- Earn points for staying active.*
- Redeem your points for amazing rewards!*
- Get connected by joining Challenges.*
- Your Y's Schedule at the tip of your fingers.*

*Offering of features dependent on your YMCA.

DOWNLOAD THE APP TODAY



Google Android



Apple iOS



MONTHLY MESSAGE



Happy New Year, YMCA!

January is a chance to reset and grow in spirit, mind, and body.

At the YMCA, we are ready to help you build routines that last. Kick off the year with our Fit Happens Wellness Challenge. For details, visit our Facebook page, stop by the front desk, or email Annie Weaver at aeweaver@ymcalancaster.org. Our wellness center also features all-new equipment to help you reach your 2026 goals.

Our Winter 1 session runs from January 4 to February 14, featuring aquatics, youth activities, and fitness classes. We have Kids Night Out on January 16 and our homeschool program returns on Tuesdays. On January 7, our swim team hosts a Teacher Appreciation meet where swimmers invite their teachers to jump in the pool.

Energy is high at the RecPlex with gymnastics, ninja, cheer, tennis, and pickleball. The gymnastics team hosts a meet on January 17, and the boys' team travels to Toledo on January 10. Our Delta cheer team will compete in Akron on January 17 and Columbus on January 24.

Jump into the new year with a community committed to your health. New members who join in January pay a \$0 join fee.

Visit us today to make 2026 your strongest year yet!!

Thank you to our sponsor:





YOUR BLOOD CAN
SAVE LIVES

BLOOD DRIVE

SATURDAY, JANUARY 3, 2026

Robert K. Fox Family YMCA
465 W. Sixth Ave., Lancaster, OH, 43130