

CITY OF NEW BRITAIN



Office of the Mayor

FOR IMMEDIATE RELEASE:

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New Britain YMCA to hold grand opening of 24-hour fitness center *First in the state*

NEW BRITAIN—Mayor Erin E. Stewart will join officials at the New Britain-Berlin YMCA on Wednesday, January 27th to mark the start of the organization’s new “yourTime” initiative, which now gives members access to the facility’s gym 24 hours a day.

The ribbon cutting will take place at 10 a.m. at the New Britain-Berlin YMCA, located at 50 High Street.

“Just in time for the start of the new year, I’m excited that residents will now have more flexibility to meet their fitness goals,” said Mayor Stewart. “Many people have demanding work schedules. A 24 hour fitness center gives them more opportunities to get healthy.”

As of January 4th, the YMCA is giving members full access to their strength and circuit training areas, as well as cardio equipment. This is the first YMCA in the state to be open 24 hours a day and the change is already attracting new members.

The 90,000 square foot facility offers personal training, strength equipment, treadmills, steppers, ellipticals, a gym for basketball, racquetball courts, a 25-yard swimming pool, cycling classes, indoor rock climbing, Zumba classes, pilates, yoga, and more.

Memberships at the YMCA come in all forms, with special rates for seniors, veterans, adults, students, and families. Financial aid is available for those who qualify. Interested new members can visit www.nbbymca.org for online details or visit 50 High Street for a personal tour. The YMCA can also be reached at 860-229-3787.

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