A HEALTHY INVESTMENT
EXPANDING WELLNESS AND FITNESS

The YMCA is perhaps best known for its health and wellness activities. For many, the Y is synonymous with working out and growing stronger.

BUT WE DO SO MUCH MORE.

The YMCA has developed wellness programs to address chronic illnesses such as arthritis and prevent type 2 diabetes. We’ve created environments and support to help those who are new to exercise succeed. We work closely with a robust network of healthcare partners to provide referrals and follow-up. We see first hand the power of group exercise to inspire and motivate people.

“I ended up in the hospital. I couldn’t breathe and was afraid that I might have a heart attack. I knew I had to make changes. Encouragement and support from my wife, my doctor and the staff at the Y were the keys to my success.”

– Greg, YMCA member

WE HAVE EXPERTISE AND DEMAND. WE LACK SPACE.

MADISON AREA YMCA
A HEALTHY INVESTMENT
EXPANDING WELLNESS AND FITNESS

Our plan is to more than double our fitness and wellness spaces expanding by 7,200 square feet, allowing us to add:

• Small group fitness and wellness spaces.
• More cardio and strength-training equipment.
• Additional group exercise classes.
• Accessible exercise spaces for people of all ages and abilities.
• One-on-one confidential consulting space for wellness programs such as nutrition coaching, Diabetes Prevention Program and disease recovery.

An investment in expanded space for wellness and fitness activities is an investment in the health of our community.

With this new expansion, we will have the potential to:

• Double participation in health and wellness programs and activities.
• Create even more specialized programs such as:
  - Dementia programs and support for caregivers.
  - Cardiac rehabilitation.
  - Pre-cancer treatment strengthening programs.
  - Fitness programs for emotional wellness and other special needs.

TOTAL NEED:
$1.3 MILLION

MADISON AREA YMCA
MADISON AREA YMCA – FITNESS AND WELLNESS RENOVATION AND EXPANSION