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FOR HEALTHY LIVING
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GETTING STRONGER EVERY DAY

BARBARA B JORDAN YMCA invites you to join free RESET challenge to re-energize spirit, mind and body

MARTINSVILLE, INDIANA (January 31, 2021) – Sick and tired of feeling sick and tired in these COVID-19 times? The Barbara B. Jordan YMCA invites all in the community to participate in a free six-week Reset challenge designed to help transform spirit, mind and body. “Now, more than ever before we need to recharge and refocus,” said Barbara B. Jordan YMCA Director and CEO Dave Nash. “The COVID-19 pandemic has worn us down. It’s isolated us in so many ways. This challenge provides an opportunity to get active and healthier by yourself or as a strong family.”



Beginning in January 2021, you can go to our website bbjymca.org to sign up for RESET. Follow the prompts to sign-up for the challenge that runs through February and March. You will receive three emails a week filled with motivation, challenges, workouts and more. Participating in the Reset challenge will also let you attend the Y for one day each week to enjoy swimming, working out and a variety of classes.

Everyone in the community is also invited to try the NEW Virtual Y through March 2021 and workout wherever you are. Free YMCA live and On Demand classes will be available including Zumba, yoga, HIIT and many more. Programming is also available for children. The complete weekly schedule is available at bbjymca.org; check back often for updates.

You can also participate in a variety of outdoor activities, like pop-up classes and nature walks. Visit the website bbjymca.org and learn more about the Reset challenge and all of the free community activities. “It’s the perfect time to take back our lives, reenergize, achieve goals, feel better and stronger,” added Nash.

About the Barbara B. Jordan YMCA

The Barbara B. Jordan YMCA strives to strengthen communities. Through our focus on youth development, healthy living, and social responsibility, we embrace and nurture the promise that lives in all of us. The Y gives children, families, and individuals the support and resources needed to help them achieve goals, make friends and find a true sense of belonging. For more information about Barbara B. Jordan YMCA, visit the website bbjymca.org.