



**FOR IMMEDIATE RELEASE**

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**Robinhood Road Family YMCA Opens Monday, January 18**

**WINSTON-SALEM, NC** – January 15, 2010 – The Robinhood Road Family YMCA, located near the intersection of Robinhood and Peace Haven Roads, will open on Monday, January 18 at 8:00 a.m.

The new YMCA opens in the former Peak Fitness facility. Amenities include a vast cardio wellness center, free weights center, women’s workout area, walking track, rooms for group exercise and cycle classes, youth and teen space, personal training area, a Mind/Body studio, locker rooms and a Child Watch area so children can be supervised while parents exercise. Class schedules are available online at the YMCA’s websites, [www.robinhoodymca.org](http://www.robinhoodymca.org), and include the popular Zumba, Les Mills BodyPump, yoga, Pilates and Tai Chi, among others.

Although the branch will open at 8:00 a.m. on Monday, it will begin standard operating hours on Tuesday, opening at 5:00 a.m. Hours of operation are also available at the YMCA’s website.

Since the Robinhood Road Family YMCA will not have a pool, the YMCA of Northwest NC is offering Metro memberships for those interested in the convenience of working out at multiple facilities. For a small additional fee, Metro memberships allow members to use any YMCA facility in Davie, Forsyth, Stokes, Yadkin and Wilkes counties.

To find out more about the Robinhood Road Family YMCA, please visit [www.robinhoodymca.org](http://www.robinhoodymca.org) or call (336) 251-1090. Or contact Amy McNeil, Director of Communications, at [a.mcneil@ymcanwnc.org](mailto:a.mcneil@ymcanwnc.org) or 336-777-6252.

**About YMCA of Northwest North Carolina**

When the first YMCA was established in 1844 in London, England, its mission was to promote positive Christian values as well as healthy behaviors and activities. Today, the YMCA movement has spread to more than 130 countries around the world, supporting and influencing the lives of millions of men, women and children of all backgrounds. The YMCA of Northwest North Carolina association, a United Way agency, has been serving Winston-Salem and the surrounding areas since 1888. We have created a tradition of enhancing the lives of people in our community through an ever-growing list of programs and opportunities. We’re proud to serve the people of Northwest North Carolina by helping to build strong kids, strong families and strong communities. Our association currently serves more than 51,000 YMCA members and more than 100,000 people with our memberships and programs. The YMCA of Northwest North Carolina has adopted Healthy Community 2015 initiatives to prepare youth and teens to succeed, strengthen and support families, develop caring communities and adopt healthy living habits. The YMCA offers financial assistance for memberships and programs through the Open Doors Program. Learn more about the YMCA of Northwest North Carolina at <http://www.ymcanwnc.org>.

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