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# Start the New Year at YWCA

By **KARLA SANTOS**  
@KARLASANTOSNBH

NEW BRITAIN — YWCA New Britain is offering special rates on new members' fitness packages to promote New Year's resolutions and over all healthy living to individuals and families.

The organization is also offering a personal training special rate to help members set goals and reach them. YWCA certified trainers offer members commitment and consistency which is supported by their health, fitness, sports and nutrition knowledge.

"We've taken a different role in how we look at health and fitness so we have these specials and we have great trainers and we have great group exercise classes," Robin Sharp, YWCA executive director, said. "Healthy lifestyles are really important to our mission of eliminating racism and empowering women. It's a pretty huge mission and a pretty huge undertaking. We really believe that healthy, fit and strong bodies help confidence and mental health."

The organization has been serving the community since 1910 offering not only fitness but many other community programs that have become a driver of community health.

"The newest one being the



Viviana Yopez and her daughter Ava, 6, attend the YWCA New Britain Winter Wonderland.

community center over at 600 East St.," Sharp said. "That started with looking at which things are impacting health in our community and what changes residents really want to make so that they feel healthier and safer."

The organization's focus for 2019 is to continue growing its work with the community through the East Street center, which opened in June.

YWCA also has locations in Bristol and Hartford. The Bristol site is a dance studio satellite and the Hartford location is a satellite office for sexual assault crisis services.

Among the programs offered by the organization are childcare, family literacy, a house of teens, facility rental, birthday parties

and more.

"When you join the YWCA you can join a movement for equity," Sharp said. "When you join the YWCA you do more than just joining a gym or joining a program. You are joining really a community that's committed to leadership development of kids and of women. We are also one of the largest providers of child care in the state from six weeks to fifth grade. We think there's something here for everyone."

YWCA is open from 6 a.m. to 8 p.m., Monday through Friday. The center also offers weekend activities including fitness, youth sports and dance classes.

To learn more about the organization visit [www.ywcanb.org](http://www.ywcanb.org) or call 860-225-4681.

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