



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
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FOR IMMEDIATE RELEASE:

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RIDGEWOOD YMCA UPDATES STRENGTH & CONDITIONING GYM WITH HELPFUL DONATION FROM ELECTRICIANS!

[Ridgewood, NJ April 19, 2017] – The Ridgewood YMCA has updated their Strength and Conditioning Gym! They've added cardio equipment, including treadmills and elliptical machines, updated the paint, installed new flooring and added a new audio visual experience.

Also completed was an update of the electrical system. Ernest Lamour, Ridgewood YMCA CEO says, "A huge thank you to IBEW Local 164, Paramus NJ, IBEW Local 102, Parsippany NJ and SAL Electrical, Jersey City NJ for their dedication and generous donation in completing the electrical wiring for our Strength and Conditioning Gym and new office space. We are so appreciative of all your time and thorough work in completing the job!

We are excited to invite the community to our Y to see the new and continuing changes being made! We hope you will take the opportunity to give us a try and enjoy these changes yourself."

Any questions regarding membership at the Ridgewood YMCA, please contact our membership office at 201.444.5600 x500.

The Y is one of the nation's leading nonprofits strengthening communities through youth development, healthy living and social responsibility. Across the U.S., 2,687 Ys engage 21 million men, women and children – regardless of age, income or background – to nurture the potential of children and teens, improve the nation's health and well-being, and provide opportunities to give back and support neighbors. Anchored in more than 10,000 communities, the Y has the long-standing relationships and physical presence not just to promise, but to deliver, lasting personal and social change.

www.ridgewoodymca.org and **www.campbernieymca.org**