



For Immediate Release

Renovation Helps Uptown Gym Go Green

Expanded fitness space at Uptown YWCA includes energy efficient upgrades

MINNEAPOLIS – Feb. 2, 2009 – Uptown gym goers will experience a healthier workout next week when renovations are completed at the Uptown YWCA. The fitness facility recently doubled its fitness space, updated its lap pool with an ultraviolet purification system and upgraded its heating, ventilating and air conditioning (HVAC) system.

The renovations include many energy saving improvements to help decrease the overall carbon footprint of the facility and create a healthier workout environment for members. Notable green improvements include:

- Energy efficient lighting and sensors to decrease electricity usage
- Low VOC (volatile organic compound) paint and sealers in the gym and lobby and low VOC carpet in massage rooms to improve indoor air quality
- Energy efficient HVAC system with extra large fans in the gym and pool areas to help improve indoor air quality
- Filtered water now available instead of bottled water
- Additional bike racks to encourage alternative transportation
- Studio floor purchased from company that plants five trees for each tree harvested for production of its flooring materials
- Materials chosen for flooring, screen wall in the lobby, and partitions, lockers and benches in the family locker room contain post-consumer or post-industrial recycled content ranging up to 70 percent

Open houses for the community to experience the renovated space will be held the weekends of Feb. 7-8 and Feb. 14-15. Community members are welcome to tour the facility and will receive complimentary weekend passes to participate in fitness classes including cycle, BodyPump and Pilates with professionally certified instructors. For more information about the open houses, local residents can call 612-874-7131.

The Uptown YWCA has 6,500 gym members with more than 1,000 individual visits every day. A celebration to mark the end of construction will be held for YWCA members from 5 p.m. – 8:30 p.m. on Feb. 12 at the Uptown YWCA. (Please note: Media is invited to attend the members-only celebration.)

INTERVIEW OPPORTUNITIES:

- Sue Duoos, YWCA Director and Uptown General Manager
- Jason Burmeister, YWCA Aquatics Product Coordinator

About the YWCA of Minneapolis

The YWCA of Minneapolis is a nonprofit organization striving to empower women and girls and eliminate racism. The YWCA of Minneapolis has been empowering women and girls since 1891 and is a community leader in health and fitness. The YWCA of Minneapolis has approximately 20,000 members at three health & fitness locations - Uptown YWCA, Downtown YWCA and Midtown YWCA.

###

Media Contacts:

Catherine Claeys
Padilla Speer Beardsley
612-455-1719
cclaeys@psbpr.com

Ellen Cleary
YWCA of Minneapolis
612-215-4164
ecleary@ywcamppls.org