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NORTHEAST FAMILY YMCA UNDERGOING “EXTREME MAKEOVER”
Results include maximized space, new equipment and added classes

LOUISVILLE, KY (November 3, 2014) – The Northeast Family YMCA, located at 9400 Millbrook Road in eastern Jefferson County, is undergoing a renovation that will help maximize existing space and usage. The makeover is expected to deliver a bright open wellness center with increased space and updated equipment to enhance member workouts. The facility enhancements will include refurbished flooring, fresh paint and updated furniture. The changes are partly the result of member feedback and requests.

“We are very excited to be able to update our current Wellness Center to provide a more welcoming and comfortable environment for our members,” said Kenny Hoerter, District Executive Director, Northeast Family YMCA. “Our hope is that it will allow us to help strengthen the foundations of community through our focus on youth development, healthy living and social responsibility.”

Work on the facility renovations started on October 13 and are expected to be completed by the end of the year. The updates will result in expansion of square footage in areas of the facility – expanding the Spin Class from 790 square feet to 1,152; The existing multipurpose area will increase 362 square feet. Another Multi-Purpose area will expand from 1,152 square feet to – 1,732 square feet resulting in a 580 square foot increase. Also, the wellness area will expand from 9,633 square feet to 11,177 square feet.
New equipment will also be part of the renovation, including:

- 22 new Cybex Strength pieces
- Additional Cardio Equipment - Treadmills, Stair Climbers, Octanes, and AMT’s
- New Free Weights - Bars and Plates

According to Hoerter, the facility updates are expected to cost $700,000 – $800,000. The architect is TEG Architects and the contractor is National Contracting Services (NCS), both local companies.

The overall facility square footage is not expanding, but the organization plans to maximize current spaces by eliminating staff offices in the Wellness Center, removing walls, raising ceilings and improving the arrangement of equipment and class offerings. Hoerter said they are working to minimize disruption to members with a construction phasing plan and will communicate with updates via facility signage, on social media, email notices and staff announcements to members. In addition, the new floor plan will also likely accommodate the addition of popular classes, including spin, yoga and others.

About the Louisville area YMCAs
The Y is the nation’s leading nonprofit committed to strengthening communities through youth development, healthy living and social responsibility. The YMCA has been listening and responding to the needs of our communities for nearly 160 years. The Y is dedicated to building healthy, confident, connected and secure children, adults, families and communities.

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