

Y boosts your spirits



Readers' favorite health club will be undergoing major renovations for another year

By **ALLA KATSNELSON**
The Salinas Californian

Residents of Salinas flock to the YMCA's health club for more than just muscle-building.

"We're really looking to help people develop their mind and their body," said Ron Markille, executive director.

The center, at 117 Clay St., offers personal training and more than 20 classes, including aqua fitness, martial arts, yoga and a stretching class for seniors. Instructors are trained to tailor their instruction to each member's needs.

The Y is proud of the community spirit it fosters, Markille said. "I believe we're also the only health provider to offer scholarships and financial assistance."

The club is undergoing a major makeover that began in March and is slated for completion in December 2007.

The project will be well worth the effort, he said.

The renovated swimming pool will be completed by November of this year, and a new gymnasium will be built by next summer.

A new youth center will open in the front building, which will be completed by next winter.

"We're remodeling the facilities to create a more personalized program," Markille said.



RICHARD GREEN/THE SALINAS CALIFORNIAN

The Salinas YMCA opened in 1921 and is on Clay Street. The health club is renovating its swimming pool and building a new gym.

SALINAS COMMUNITY YMCA

■ **LOCATION:** 117 Clay St., Salinas

■ **HOURS:** 5 a.m. to 10 p.m., Monday through Friday; 9:30 a.m. to 6 p.m. Saturday; and 11:30 a.m. to 5 p.m. Sunday.

■ **PHONE:** 758-3811

The center will offer several new classes and youth programs, including a 12-week circuit-training course.

'The Salinas community has supported this Y for many years.'

— **Ron Markille,**
executive director

Since opening in 1921, the center has been grateful for the devotion of its members, Markille said.

"The Salinas community has supported this Y for many years," he said.