

## FOR IMMEDIATE RELEASE

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### Penobscot Bay YMCA Purchases New Fitness Equipment

Rockport, Maine - January 5, 2012. The Penobscot Bay YMCA is excited to announce the purchase of new fitness equipment just in time to accommodate those people who have made resolutions for a healthier lifestyle in 2012!

New equipment to the Fitness Center include two treadmills, an upright bike, a cross trainer, two Concept II Rowers, and three Studio Cycles and an Abdominal Machine. In addition to the new equipment, the Y would like to thank Fisher Plow and Jim Grimes who completely refurbished ten of the existing studio cycles.

For many, the New Year is a time for new beginnings! For the Y – a leading nonprofit that strengthens community through youth development, healthy living and social responsibility – one of the most important resolutions is to resolve to make positive changes that strengthen individuals as well as entire communities.

Now is the perfect time to make 2012 a year to shine! Thinking of joining the Y? Stop by and try the Y for a week free. Visit [www.penbayymca.org](http://www.penbayymca.org) to print off a free week coupon. The Y is dedicated to providing participants a foundation of values and skills to last a lifetime. For more information contact the Penobscot Bay YMCA @ 236.3375 or visit [www.penbayymca.org](http://www.penbayymca.org).

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Penobscot Bay YMCA member, Dr. Kevin Olehnik, tests out the new abdominal machine.