

**For Immediate Release**

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**Penobscot Bay YMCA Welcomes New Wellness Director**

January 2, 2012 - Rockport, Maine. The Penobscot Bay YMCA is delighted to welcome Theo Berez as its new Wellness Director, beginning January 2, 2012. Theo has been involved with the YMCA for a number of years as a volunteer Fitness Instructor and served on the Board of Directors. In addition, she was the owner/operator of Sunrise Fitness, which is located in the Lily Pond House in Rockport.

In August, the Y purchased the Lily Pond House at 120 Union Street, in Rockport to expand and grow its Union Street Campus. Currently, the Y utilizes the building for child care programming and to house their Outreach Department, the Knox County Community Health Coalition. "The merger of the Y and Sunrise Fitness combined with Theo's experience and enthusiasm for fitness and our community in general, will expand the opportunities for Y members interested in living healthier lives", states Troy Curtis, Executive Director.

"The merger of Sunrise Fitness into the Y's operation will add several thousand square feet of training space, along with over 20 new pieces of equipment to the Y. This new space and equipment will be used to expand personal training opportunities and to development new programs to meet the needs of beginner exercisers, athletes and seniors." explains Theo.

In order to meet the growing needs for senior programming in the community, former Fitness Director, Sandy Bodamer will serve as the Director of Senior Activities as well as Administrative Assistant. "A major focus of the Y's new strategic plan will be on services for the aging population. The Y is fortunate is have such a talented staff member as Sandy to develop and expand our programming for this population," said Curtis.

The Y's qualified staff are eager to develop an exercise and wellness plan to give individuals the energy, confidence and motivation to achieve results that will excite you! The Y is ready to be the **SOLUTION** to include fitness in your life! Try the Y for a week this New Year - for free! For more information contact the Penobscot Bay YMCA @ 236.3375 or visit the website [www.penbayymca.org](http://www.penbayymca.org).



**Penobscot Bay YMCA Wellness Team**

Left to Right: Dan Seefahrt, Sandy Bodamer, Theo Berez, Christopher Sprague and Thia Belajonas