

### **Summit Area YMCA Fitness and Nutrition Shows on TV 36**

This winter you can work out in the comfort of your home by tuning on the Summit Area Y's "The Triangle" show on TV 36. ([www.tv36coc.com](http://www.tv36coc.com).) Each weekday you can join a beginner and intermediate Yoga class, a stretching class, a core conditioning session and a vigorous aerobic or kickboxing workout. Each show is taught by experienced Summit Area YMCA instructors and offers easy to follow routines you can do in your own home, working on general fitness, increasing strength and flexibility, enhancing aerobic capacity, balance and muscle tone. New this winter, nutrition lectures given by the Y's Community Wellness Director.

The YMCA Triangle show program schedule is as follows: Beginning Yoga, Monday through Saturday, 7:30 to 8:00 am; Intermediate Yoga, Monday through Saturday, 8:00 to 8:30 am; Kick Boxing, Tuesday, 8:30 to 9:00 am; Core Conditioning, Thursday, 8:30 to 9:00 am, Beginning Aerobics, Saturday, 8:30 am to 9:00 am. Nutrition Lecture, Portion Distortion runs Mondays at 8:30 pm, Wednesdays at 11:00 pm, Thursdays at 11:00 am and 8:00 pm.

These shows are offered as part of the Summit Area YMCA commitment to provide fitness and wellness programs to all in the communities we serve, and encouraging an active and healthy lifestyle. For more information about all the Summit Area Y has to offer, visit [www.summitareaymca.org](http://www.summitareaymca.org).