

Morgan Murphy

From: YMCA of the Treasure Coast <engagesupport@daxkoengage.com>
Sent: Friday, January 6, 2023 9:50 AM
To: Morgan Murphy
Subject: Celebrating 45 Years!



Our 45th Anniversary!

This year marks our 45th year of service to the community! Our Y was incorporated on December 31, 1977 as the YMCA of Martin County. We later merged with the older YMCA of St. Lucie County in July 2000 to form the YMCA of the Treasure Coast. The merger allowed us to expand our service area from one county – Martin to four counties – Martin, St. Lucie, Indian River and Okeechobee.

[Learn more about our History](#)

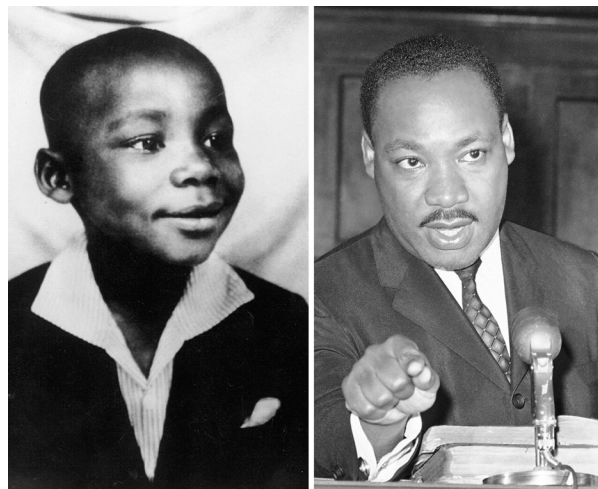
Do you have history at our Y? Please share your photo(s) and/or story with us!

[Share Your Y Story](#)

MLK was a YMCA kid

Before he won the Nobel Peace prize, before he delivered his world-changing “I have a dream” speech, and before he became an ordained pastor... Martin Luther King, Jr. was just another kid at the Y.

In celebration of Martin Luther King, Jr. Day on January 16th, we want to honor one of the most influential civil rights activists our world has ever known. We also want every child to recognize he or she has the potential to do just as much good for society.



WELLNESS

8-Week Fitness Challenge **January 16th - March 10th**



Want to lose weight, lose inches and gain cash \$\$\$?

Register for our 8-week fitness challenge beginning January 16th!

The winner is determined by pounds lost as well as inches.

You must weigh in with our Wellness Director or personal trainer prior to January 16th. There will also be weekly weigh-ins for accountability and measurements will be taken at the beginning and the end of the challenge. Final weigh-ins will be the week after March 4.

Program includes:

- Discounts on Personal Training in January-March
- Goal planning and action step assistance
- Workout guidance
- Pop up strength and functional workouts AM and PM
- Nutritional education including how alcohol effects weight
- Meal and snack ideas

Register For Challenge Here

\$100 Registration Per Person

50% of the proceeds go to the winner!

Personal Training Specials

Available Now - January 31st

Half-Hour Training Packages

Six 30-minute sessions: \$200 (reg. \$225)

Twelve 30-minute sessions: \$360 (reg \$400)

Hour Training Packages

Six 1-hour sessions: \$340 (reg. \$360)

Twelve 1-hour sessions: \$600 (reg. \$650)

Buddy Training Packages

Six 30-minute sessions: \$325 (reg. \$350)

Twelve 30-minute sessions: \$585 (reg \$625)

Six 1-hour sessions: \$530 (reg. \$550)

Twelve 1-hour sessions: \$950 (reg. \$1,000)

**Special pricing valid through 1/31/23*

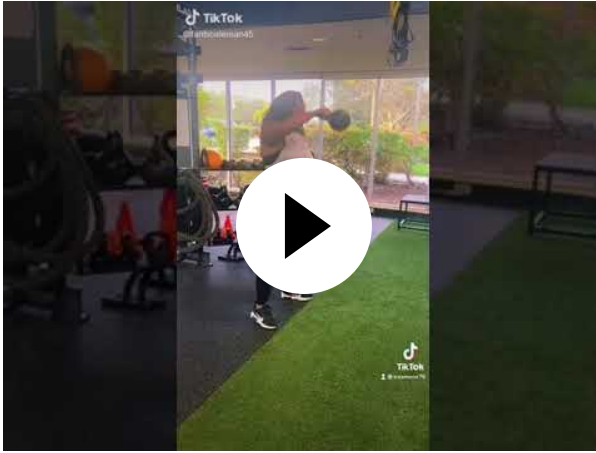
Let us help match you with the right trainer!

Stop by the Front Desk or contact:

Tressa Everett

(772) 286-4444 ext 238

teverett@ymcatreasurecoast.org



"Working out at the Y is my therapy! It makes me feel alive. Having a personal trainer helps hold me accountable." - Faith Coleman

Purchase Training Packages

**Special pricing valid through 1/31/23*



EVENTS

Secret Garden Soiree

Event Will Sell Out - Buy Your Tickets Today!

Come join us for a Magical Evening of Dinner and Dancing at our 2nd Annual **Secret Garden Soiree** to help raise funds for the [YMCA Indiantown Pool Renovation Project](#).

Secret Garden Soiree
Join us for a Magical Evening of Dinner & Dancing

Get Your Tickets Now!
\$150 Per Person
Price Increases January 1st

Event Will Sell Out!

Plated Dinner
Open Bar
Music
Raffles
Live Auction
and More!

Cocktail Attire

Proceeds Benefit:
The YMCA Indiantown
Pool Renovation

Saturday, March 25, 2023 6-10pm

Rockin H Ranch
4181 SW Boatramp Ave, Palm City, FL

the **Y** FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Visit our website for Ticket Purchases
and Sponsorship Opportunities:
[Ymcatreasurecoast.org/Events](https://ymcatreasurecoast.org/Events)

Saturday, March 25, 2023
6:00pm - 10:00pm

Rockin H Ranch
4181 SW Boatramp Ave
Palm City, FL

Tickets On Sale Now!
\$175 per person

Cocktail Attire
Plated Dinner
Open Bar
Music
Raffles
Live Auction
and More!

This event will sell out!

[Click Here to Purchase Your Tickets!](#)

[Sponsorship Opportunities Available](#)

Give Back Night - January 12th



Come support the Y, enjoy hand-cut steaks and fall-off-the-bone ribs with us on **Thursday, January 12th** between 4pm - 10pm at 210 NW Peacock Blvd in Port St. Lucie.

Present the flyer linked below and 10% of your total food purchases will be donated to the YMCA!

[RSVP on Facebook](#)

[View Flyer](#)



36th Anniversary
Easter House

RAISING FUNDS FOR THE YMCA OF THE TREASURE COAST

Is 2023 Your Year to Win A New Home?!



Get 30 chances to win a new house (or \$250,000 in cash) when you use the promo code **NEWYEAR1** online only between now and January 31st to buy 10 Easter House tickets, and get 20 tickets FREE!

[Click to Buy 10 + Get 20 FREE](#)

As a bonus, with every Easter House transaction you make in January you will automatically get one entry into our January \$1,250 Monthly Cash Drawing!



SPOTLIGHT

New Board Members



Joyania Hawthorne, CPRP

When Joy was a child her favorite place to go to afterschool care was the L.A. Lee branch of the YMCA of South Florida in Fort Lauderdale. She was also a cheerleader for the basketball team and had her very first job there working at the front desk. She says that some of her best teenage memories were at the Y.

In April 2022, Joy became the Assistant Director of Parks and Recreation for St. Lucie County where she has worked with the YMCA of the Treasure Coast to improve St. Lucie County's Aquatics department. Her passion for community and the mission of the YMCA is what guided her decision to become a member of our board for 2023!

Jennifer Russell

Jennifer truly believes that the YMCA is an intricate part of our community because the Y is much more than a gym or swim lessons. The YMCA provides so many opportunities to the families on the Treasure Coast and our leadership team and board members takes the time to listen to the ever changing needs of the families and we do our best to meet those needs. This is why Jennifer says she wanted to be a part of and devote her time to our organization.

Jennifer was recently elected as the Martin County School Board's Vice-Chair serving District 3- Hobe Sound, South County, and Indiantown.



[Learn More About Our Board of Directors](#)

Connect with us on:



YMCA of the Treasure Coast | 1700 SE Monterey Road Stuart, FL 34996

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