



Discover how Lakeland Hills Y is
Reinventing Community Health

Think you know the Y?
With over 100 years of helping
create healthier lifestyles for
thousands of people, we're ready
to reshape the future of fitness
for our community. We can't do it
without **YOU.**

FIT FOR THE FUTURE

JOIN US IN BUILDING A HEALTHIER TOMORROW

Build More Than Muscles

We're developing a state-of-the-art
multigenerational fitness center
designer to match the diverse
needs of our community.

Muster Your Strength

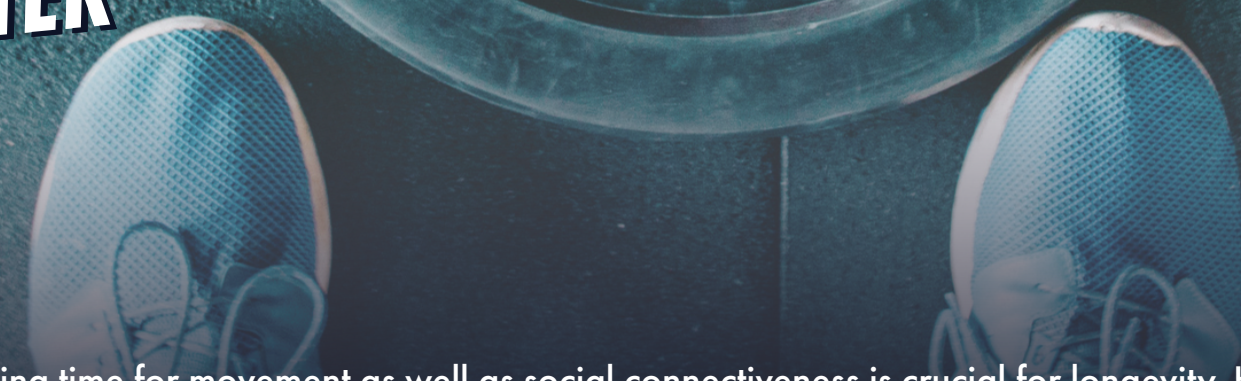
Strength takes many forms.
We need your monetary
strength to make the future
a reality.

Where To Find Us

973.334.2820
fitforthefuture@lhymca.com
lakelandhillsymca.com
100 Fanny Road
Mountain Lakes, NJ 07046

BUILDING A HEALTHIER TOMORROW:

THE CAMPAIGN FOR OUR NEW HEALTH AND FITNESS CENTER



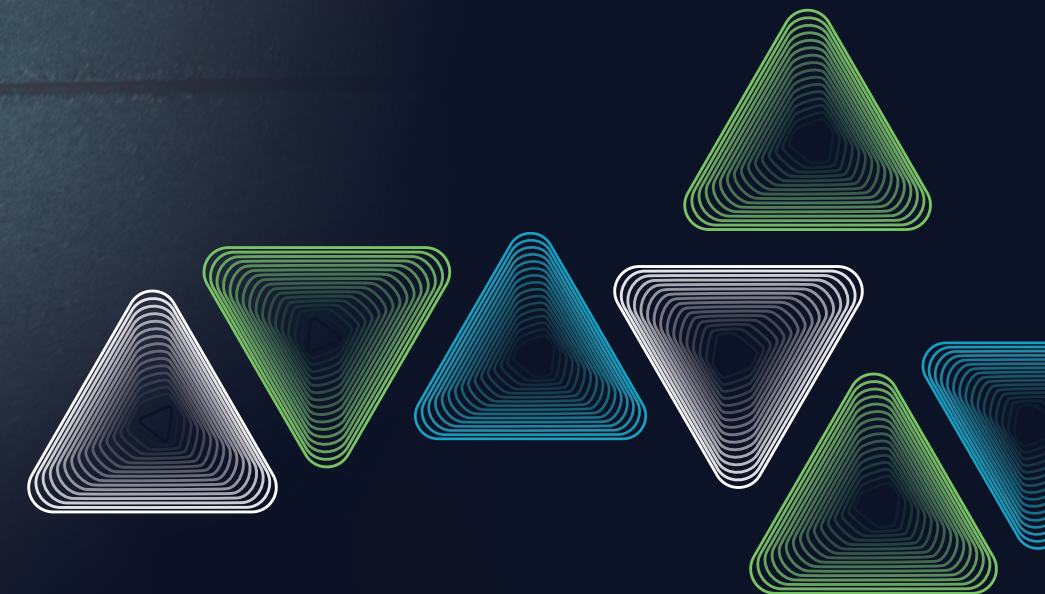
In today's fast-paced world, finding time for movement as well as social connectiveness is crucial for longevity. However, many fitness centers fail to address the needs of a diverse population spanning multiple generations and various health needs. Lakeland Hills Y proposed health and fitness center aims to fill this gap by offering a comprehensive range of amenities and programs tailored to individuals of all ages and fitness levels.

With this groundbreaking renovation, Lakeland Hills will promote:

- ▶ **Inclusivity:** Creating a welcoming environment for all age groups, from adolescents to adults and seniors, ensuring that all members feel valued and supported.
- ▶ **Holistic Wellness:** Provide a comprehensive range of fitness options to address different physical, mental, and emotional health goals.
- ▶ **Community Engagement:** Foster social connections and community spirit through shared spaces, group training, and educational opportunities.
- ▶ **Safety and Support:** Ensure that all members have access to healthy living programs in a personalized approach.

Envision a space that welcomes everyone, from seasoned athletes to those beginning their wellness journey—a place where goals are achieved, lives are transformed, and a community grows stronger together. Our vision for a state-of-the-art health and fitness center is about more than equipment and facilities; it's about empowering individuals to lead healthier lives and creating a space that nurtures physical and mental well-being for generations to come.

We invite you to join us in this transformational journey. Together we can create a cutting-edge fitness destination that meets the diverse needs of our members and inspires a healthier, happier community.



FACILITY FEATURES



Planned Facility Features Include:

- ▶ **Member Lounge:** A comfortable and social space where members can relax, socialize and engage in meaningful conversations with a diverse range of members.
- ▶ **Functional & Strength Training Area:** Equipped with free weights, resistance machines, and functional training equipment, this area will cater to individuals seeking to build muscle, improve strength, and enhance overall fitness.
- ▶ **Cardio Fitness Center:** A space featuring state-of-the-art cardio equipment, such as the latest treadmills, ellipticals, and rowing machines. This setting will offer an engaging workout experience with stimulated by entertainment and motivational content.
- ▶ **Cycle Studio:** Designed for group-cycling classes, this room will be outfitted with premium stationary bikes, creating a high-energy atmosphere. Perfect for cardiovascular training and community fitness.
- ▶ **Personal and Small-Group Training Room:** A Versatile space for specialized classes such as a small group training, yoga, pilates, and high-intensity interval training (HIIT). This area allows for personalized instruction that will further support individual needs and fosters a sense of camaraderie among participants.
- ▶ **TRX and Turf Area:** An expanded space dedicated to functional training using TRX suspension systems and turf for agility drills, stretching, and functional movement exercises. This area supports dynamic performance-oriented workouts that enhance and support an athlete's body through strength training and recovery.
- ▶ **Cardiac Care Center (Nurse's Station):** A key feature to ensure the health and safety of all members. This station will provide privacy with health screenings and personalized fitness assessments, contributing to a safer exercise environment that will highlight our healthy-living programs.
- ▶ **E-Gym:** Interactive workout area that tracks your movements as it takes through a timed whole-body workout.
- ▶ **Stretch Space:** A calming corner for recover and flexibility to maintain balance along your fitness journey.



NAMING OPPORTUNITIES

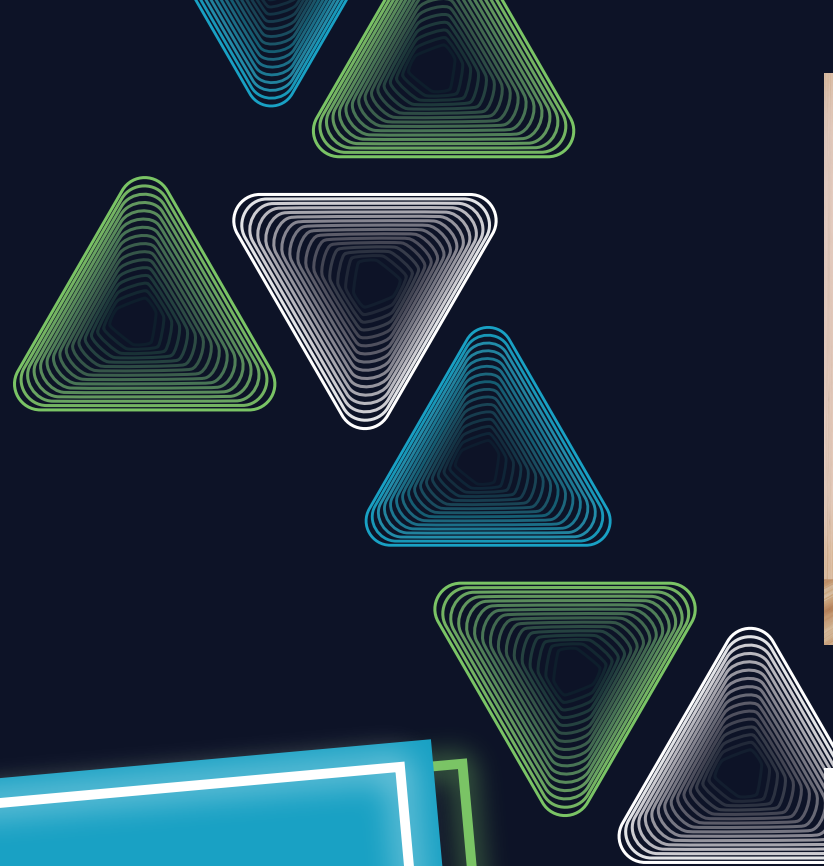
Your Legacy, Our Future

Your Generosity can leave a lasting mark on our community. Honor a loved one, celebrate your family, or promote your business by naming one of these impactful spaces.

- **Cardio Fitness Center (\$150,000):** The heartbeat of our new facility, equipped with top-of-the-line treadmills, ellipticals and stationary bikes for all fitness levels.
- **Weight Area (\$100,000):** A modern, dynamic space for strength training with free weights, resistance machines, and more.
- **Member Lounge (\$15,000):** Cool-vibe space where members gather, share conversation, and check-in with on another.
- **Functional Training Area (\$25,000):** A versatile zone for movement-based fitness, featuring TRX systems, kettlebells, and other tools to promote functional strength and agility.
- **Indoor Cycling Studio (\$30,000):** A high-energy space for spin classes, outfitted with the latest stationary bikes and immersive lighting and sound.
- **Small Group & Personal Training Room (\$25,000):** An inspiring environment for all teamwork and targeted workouts led by experienced trainers. Great for squad training!
- **Cardiac Care Corner (\$10,000):** A hub for health assessments, wellness check-ins, and first-aid services, ensuring the safety and well-being of all members.
- **E-Gym (\$50,000):** Combines state-of-the-art technology to connect you to electronic equipment that adjusts to you while helping you keep a routine and making workouts fun.
- **Donor Wall Nameplates (\$500-\$9,999+):** Recognition on our prominently displayed donor wall, celebrating your commitment to building a healthier, more vibrant community.

*Pictures are for illustration only: not actual photos

BIG = BIG CHANGES RESULTS



Why your support matters



Your investment in our health and fitness center is an investment in the future of our community. Together, we'll create a space where members can grow stronger, healthier, and more connected. Your generosity will enable us to offer modern amenities, innovate training programs, and health-focused resources that empower individuals and families for years to come.

Evert contribution, no matter the size, helps us move closer to realizing this vision. Let's work together to build a healthier tomorrow, one step at a time. For more information or to make a donation, please contact us at lakelandhillsymca.com

Thank you for being a vital part of this transformative journey

