

LET'S TURN THIS VISION INTO REALITY

This is your YMCA, your community, your neighborhood. By supporting Fit for the Future, you're investing in a future where we can lift each other up, celebrate our shared successes, and stand together in times of need.

We invite you to be part of creating a stronger, healthier, and more connected community. With your support, we can ensure that Lakeland Hills YMCA remains a place where every neighbor has the opportunity to thrive. Together, we can make this dream a reality.

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, innovative training programs, and health-focused resources that empower individuals and families for years to come. Every contribution, no matter the size, helps us move closer to realizing this vision. We can work together to build a healthier tomorrow, one step at a time.

We want to hear from you! Send your comments and suggestions about this project to: fitforthefuture@lhymca.com.



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 premium treadmills, ellipticals, and stationary bikes for all fitness levels. This setting will offer an engaging workout experience stimulated by entertainment and motivational content.

STRENGTH & POWER ZONE (\$100,000): A modern, dynamic space for strength training with free weights, resistance machines, and so much more. Also known as the "Weight Room".

E-GYM (\$50,000): Interactive workout area that tracks your movements as it takes you through a timed whole-body workout. Innovation meets performance!

INDOOR CYCLING STUDIO (\$30,000): A high-energy space for spin classes, outfitted with the latest stationary bikes and immersive lighting and sound.

FUNCTIONAL & STRENGTH TRAINING AREA (\$25,000): Equipped with free weights, resistance machines, and functional training equipment, this area is home to individuals seeking to build muscle, improve strength, and enhance overall fitness. Also known as the "Turf".

SQUAD TRAINING ROOM Small Group & Personal Training Area (\$25,000): A versatile space for specialized classes such as 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.

REACH & RECOVER ROOM (\$15,000): Contribute to a calming corner for recovery and flexibility to maintain balance along your fitness journey.

MEMBER LOUNGE (\$15,000): A comfortable and social space where members can relax, socialize, and engage in meaningful conversations with a diverse range of members.

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.

DONOR WALL Nameplates (\$500-\$9,999+) will be prominently displayed on our donor wall, celebrating your commitment to building a healthier, more vibrant community.

GIFTS of \$499 or less will be recognized on a special sign displayed during our ribbon-cutting celebration. Every contribution, no matter the size, plays a vital role in helping us grow stronger together.

If you are interested in a naming opportunity that is not listed above, please call Katie Burke.

Pictures are for illustration and conceptual purposes only; not actual photos.

LET'S TALK!

Katie Burke: Vice President, Fund Development

Lakeland Hills Family YMCA

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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



**BUILDING STRONGER
COMMUNITIES
TOGETHER**

LAKELAND HILLS FAMILY YMCA

VISION

Imagine a place where neighbors come together to support each other, not just in improving their health, but in building a stronger, more connected community. A place where everyone feels welcome, achievements are celebrated, and generations unite to grow and thrive together. This is the vision for Lakeland Hills Family YMCA: An innovative and inclusive wellness center focused on more than just fitness—it's about caring for one another and fostering a sense of belonging for all.

Our vision for the new Health & Fitness Center goes beyond just physical fitness—it's about creating a space where everyone feels a sense of belonging. Lakeland Hills YMCA is more than a gym; it's a community hub where we take care of one another. Whether you're recovering from illness through our healthy living programs, working toward new fitness goals, or simply seeking a friendly face, you'll find support and care here.



COMMITMENT

This transformative renovation will advance:

INCLUSIVITY

Foster an inclusive and supportive environment that welcomes individuals of all ages and abilities. Deliver a community health and wellness experience where every member feels appreciated, valued, and empowered.

HOLISTIC WELLNESS

Create spaces that nurture physical, mental, and emotional well-being. By integrating cutting-edge amenities and programs, we will empower individuals of all ages and abilities to thrive in a balanced, healthy lifestyle.

COMMUNITY ENGAGEMENT

Enhance community engagement by creating versatile, inclusive spaces that bring people together for shared activities, events, and programs. By fostering connections and providing opportunities for collaboration, learning, and recreation, the updated environment will serve as a vibrant hub for community interaction and growth.

SAFETY AND SUPPORT

Improve safety and support by incorporating modern design standards and better accessibility. These updates will create a secure space so all members have access to healthy living programs with a personalized approach.



“When I retired at age 70, I joined the Cardiac Care Maintenance Program. On two separate occasions, the nurses detected an irregular heartbeat, which most certainly saved my life. I probably would not be alive today. I am incredibly thankful to the YMCA for providing this life-changing program, and I am forever grateful for the care and attention that has allowed me to live a fuller, longer, healthier life.”

- Joe Quinn