

Sweat for Good at our Megathon! Get Ready to Exercise in Support of YMCA

Cobourg, ON, April 30, 2024 – Enjoy a heart-pumping workout while making a meaningful difference in your community by joining YMCA Brighton’s Megathon on May 6, 2024. This full-day group fitness event aims to raise funds to support YMCA community programs and provide financial assistance to empower and uplift individuals and families in the local area. The fundraising event starts at 6:15 a.m., runs all day until 7:00 p.m., and is geared to all fitness levels. Each class runs for a minimum of 30 minutes to an hour and varies in style. Participants are encouraged to try one of our Cycle classes, Vinyasa Flow Yoga, Kickboxing, Step, Lite and Lively or Chair Strength in the morning and our Tabata or Strong Bodies classes in the afternoon.

The YMCA Brighton is asking for a minimum \$5 donation for each class. Participants are also encouraged to collect donations or pledges to help the event reach its fundraising goal of \$750. Prizes will be awarded based on fundraising efforts.

All are welcome to invite friends and family to participate – no need to be a YMCA member. The Megathon promises a memorable day of fitness, fun and philanthropy. For more details, visit <https://ymcanrt.org/megathon-2024/>

"As we come together to sweat for good at our Megathon, we embody the spirit of community and compassion that defines the YMCA," said Eunice Kirkpatrick, CEO of YMCA Northumberland. "Each step, each donation supports our collective commitment to building strong, resilient communities."

By participating, attendees will experience heart-pumping workouts and make a meaningful difference in the community. Funds raised will support essential programs provided by YMCA Brighton and will go towards helping to uplift individuals and families in need in the area.

For more information, please contact:

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ABOUT YMCA NORTHUMBERLAND

As a charity, YMCA Northumberland provides vital community services that have a positive impact on pressing social issues—from chronic disease to unemployment, social isolation, poverty, inequality and more. The Strong Community Campaign helps countless children, teens, adults, and seniors in the community. YMCA Canada is one of the longest standing and largest charities nationally, with a presence in Canada since 1851 and now serving more than 2.1 million people annually across 1,700 program locations.