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*****Media Video/Photo Opportunity*****

**Tampa YMCA to Cut Ribbon on \$2.2M Renovation
for Bob Sierra North Tampa YMCA**

WHAT: The community is invited to join the [Bob Sierra North Tampa YMCA](#) at a ribbon cutting ceremony to unveil its \$2.2 million renovation. The final phase of the project includes a newly renovated and expanded welcome center, wellness floor and Kid Zone. In addition, guests will get to tour the modernized locker rooms, coffee bar and lounge areas. Light hors d'oeuvres will be served.

WHEN: Thursday, Dec. 7, 4-5 p.m.

WHERE: [Bob Sierra North Tampa YMCA](#)
4029 Northdale Boulevard
Tampa, FL 33624

WHY: The Dec. 7 ribbon-cutting comes just one year after the Bob Sierra Y unveiled new group exercise, cycling and mind & body studios to the public. From avid exercisers to beginners, the renovation and expansion of the Bob Sierra Y provides continued opportunities for community members to get active, fight the obesity epidemic and improve their overall health.

The Bob Sierra Y's newly renovated and more spacious wellness center offers brand new, state-of-the-art strength training equipment. Members can also enjoy an expanded Max Results room for individual and group training. The Bob Sierra Y also has new cardio equipment with internet capabilities, Olympic lifting equipment, bumper plates, faster Wi-Fi service and a cutting-edge "ninja-style" training zone called MoveStrong.

As a Charity Navigator 4-star charity, the [Tampa YMCA](#) cares about the community and will always strive to offer kids, families and adults the best programs, services and amenities. It's important to reward current members and welcome new members with fresh facility improvements to remain on the forefront of preventing chronic disease through the Y Diabetes Prevention Program, Y Weight Loss Program, Pedaling for Parkinson's, SilverSneakers and LIVESTRONG® at the YMCA cancer survivor wellness program.

MEDIA CONTACT: Lalita Llerena
Tampa Metropolitan Area YMCA
813.224.9622 ext. 1240
813.545.7772 (cell)
Lalita.Llerena@tampaymca.org