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For more information contact:
Steve Mastorakos
314.436.1177 – Office
steve.mastorakos@gwrymca.org

Downtown YMCA at the MX Grand Opening

For Immediate Release

St. Louis, MO (June 5, 2017) – The Gateway Region YMCA announced today the opening of the new Downtown YMCA at the MX with an official ribbon cutting ceremony at the new site.

“We are excited to open the new state-of-the-art Downtown St. Louis YMCA at the MX in the heart of the business district as we build upon our 164 year history of serving the downtown community,” said Tim Helm, president and CEO of the Gateway Region YMCA. “The Y has always been committed to serving the diverse and changing needs of the city and our region, and that commitment is only getting stronger with the opening of this new facility.”

This location is especially meaningful because it returns the Y to the spot in 1853 where 23 men met at the 2nd Baptist Church to organize the first YMCA in St. Louis. The new Y features the latest in fitness amenities, chronic disease prevention programs and offers financial assistance programs for individuals who may be unable to afford a membership or programs.

Located at the corner of 6th and Locust Streets in the MX Building Development, the Y includes a fitness center, a spirit-mind-body studio and group exercise studio, private showers, changing rooms and steam rooms, an outdoor patio for outdoor classes and social functions, and an open lobby with free Wi-Fi, coffee, gathering and working areas. It also features the latest in group exercise, like POUND[®], BODYPUMP[®], SPRINT[™], the Precor[®] Queenax[™] Functional Training System, kickboxing, as well as the only Hot Yoga class in downtown.

Membership at the Y allows access to all [24 branches](#) in the bi-state area, so Downtown Y members can take advantage of the great amenities and classes at any branch, including the four other branches in the City of St. Louis - the South City Family Y, the Monsanto Family Y, the Carondelet Park Rec Complex, and the O’Fallon Park Rec Complex.

The opening is part of the YMCA’s 173rd Founder’s Day nationally, and all Gateway Region Ys in Missouri and Illinois are offering a \$0 joining fee as part of the celebration. The new Downtown Y at the MX has an extensive line up of free classes, health screenings, giveaways and celebrations planned as part of its [grand opening](#)

[week activities](#), including free memberships, personal training packs and a weekend stay at YMCA Trout Lodge.

More information about the Downtown YMCA at the MX is available at gwrymca.org.

About the Gateway Region YMCA:

The Gateway Region Y is a nonprofit organization dedicated to youth development, healthy living and social responsibility. Featuring 24 traditional Y branches in the City of St. Louis and 13 counties in Missouri and Illinois, along with the Campus Y student leadership facility at Washington University, the Community Services Y-Without-Walls serving East St. Louis and Y Community Literacy. Our Y also includes YMCA Camp Lakewood and Trout Lodge in Potosi, Missouri. The Carondelet Park Rec Complex and O'Fallon Park Rec Complex are owned by the City of St. Louis and operated by the Y. The Y is committed to serving people of all abilities. For those who qualify, we offer financial assistance so everyone has the opportunity to participate in Y programs, regardless of ability to pay. Our Y is a proud member of the United Way of Greater St. Louis. For more information, please visit www.gwrymca.org or call 314-436-1177.

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