



MEMBER NEWSLETTER

WALLA WALLA YMCA

2025 Impact Report

As we celebrate the Y's 140th anniversary this year, we are collecting stories, like Sandi's (below), about what the Y means to you and how the Y has played a role in your life or that of your family, friend, child.

Watch for our **2025 Community Impact Report** that provides a way to share your story, and highlights what your donations to the Y make possible for those we serve today and hope to continue serving for generations to come.



[Donate Today](#)



Sunday March 8 - Time Change

Remember to set your clocks ahead one hour on Sunday, March 8. And thank you for your patience as we work to reset all the clocks at the Y.

Y Honors | Chair Yoga With Sandi

When Sandi first walked through the Y's doors over two years ago, she was searching for a place of community. "I needed to get out of the house and find people," she said.

Chair Yoga has allowed Sandi to move in an exercise that feels both safe and supportive. "Not only physically but mentally, it helps," says Sandi. "When you're done with the class, you're very relaxed. Allie is a fantastic instructor who gives us a great overall exercise."

And then there's the community. Sandi says she often arrives early to chat with fellow members before class begins. "It's very friendly and nice. Like family."



Power and Balance

At the Y, we're pleased to offer a wide variety of equipment and strength-based classes that help members build muscle, increase endurance, and push their limits. Yet a full fitness routine also includes balance, flexibility and coordination. That's where **Inside Flow** and **PiYo® LIVE** come in.

Inside Flow is a modern style of yoga rooted in Vinyasa Yoga. It blends music, choreography and traditional yoga postures into a seamless, dynamic practice. Participants move through the rhythm of music — sometimes slow and controlled, sometimes upbeat and energizing. The result is an exercise that enhances mobility, stability, body awareness, and helps participants enter that "flow state."

PiYo® LIVE combines the muscle-sculpting benefits of Pilates with the flowing strength and flexibility of yoga. Using your own bodyweight, you'll move continuously through targeted exercises designed to build core strength, improve muscular endurance and increase flexibility. The music is upbeat and the workout is intense while also being low-impact.

If you're looking to round out your routine, try adding Inside Flow or PiYo Live to your weekly schedule. The March class schedules are posted online and in the lobby info kiosk.

March 23 Blood Drive

March is Red Cross Month, a time to honor and celebrate our blood, platelet and AB Elite plasma donors.

As thanks for supporting the Red Cross' lifesaving mission, **successful March donations will get free A1C testing**, commonly used to screen for prediabetes and diabetes (one result per calendar year).

The Red Cross is also showing its thanks with a **\$15 Amazon Gift Card** by email for all donations between March 1-31.

Terms and additional details for both promotions may be found at RedCrossBlood.org/March.



We'll be hosting a Blood Drive on Monday, March 23 from 11AM - 4PM in the MPR. Sign up via the button below.

[Red Cross Blood Drive](#)



3v3 Basketball League

Get your squad ready. Our 3v3 Adult Basketball League starts this month.

We'll be hosting matchups between teams of three every week on Tuesdays, starting March 24. Games will be at 6PM, 7PM & 8PM in the Main Gym.

Invite your friends. The league is open to members and non-members alike. Participants must be age 18+.

[3v3 Basketball League](#)



Summer camp planning is underway for our Y camps in OR and WA. Camps will operate from June 22 - Aug 13 in most locations. We'll post

The **Warm Therapy Pools** are getting a new heater. When built over 30 years ago, each warm pool had its own heater. The unit that serves our small warm pool has reached its end. And since the large warm pool heater is of the same vintage we've chosen to order one new, modern heater to serve both pools. We hope to have this new heater installed and both pools back in use shortly.

Every other year the Y performs a thorough refresh of its **main pool** to keep it operational for years to come. This is typically a week-long effort that requires that we close the pool to drain and refill it. In 2026, the pool will be closed from 9/2/26 - 9/7/28 (Labor Day). Reopening Sept 8.

when registration is officially opened.

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