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FOR IMMEDIATE RELEASE

Spring Resolution Reboot at the Y: There's No Place Like YMCA of the Black Hills for Finding Your Place

RAPID CITY, SD March 2, 2026 – As spring brings new beginnings, the YMCA of the Black Hills invites community members to reconnect, reboot, and rediscover what makes the Y a place like no other.

This spring, the YMCA of the Black Hills is encouraging community members to refresh their fitness goals and reconnect with others, regardless of where you are in your wellness journey. The Y celebrates the idea that wellness is stronger, and more joyful, when it's shared.

"For so many people, the Y is where belonging and well-being come together," said Wade Ludeman, Fitness Experience Director at the YMCA of the Black Hills. "It's not just a place to work out; it's where you find your people, your purpose, and your place."

Whether it's joining a new class, reconnecting with a fitness buddy, or returning to a familiar routine, there's no better time to come back to the Y. And now, anyone who joins one of the four YMCA of the Black Hills branch locations before April 30th, will benefit from **NO JOINING FEE**, which is a \$40 value.

From first-timers to returning members, everyone is welcome. "Whatever you're working on, whatever you're working with, there's no place like the Y for working together," added Kristy Lintz, COO YMCA of the Black Hills.

Join or rejoin the Y today and make this place your place for new beginnings. For more information, visit: <https://ymcabh.org/join/>

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About the YMCA of the Black Hills

Driven by its founding mission, the YMCA of the Black Hills has served as a leading nonprofit committed to strengthening community for more than 77 years. The Y empowers everyone, no matter who they are or where they're from, by ensuring access to resources, relationships and opportunities for all to learn, grow and thrive. By bringing together people from different backgrounds, perspectives and generations, the Y's goal is to improve overall health and well-being, ignite youth empowerment and demonstrate the importance of connections in and across 10,000 communities nationwide. Learn more at www.ymcabh.org