Fitness facilities available all over the region

By **JEFF FISHBEIN**
Sentinel sports editor
jfishbein@lewistownsentinel.com

Looking to stay fit but don't want to join a traditional gym?

The region is served by three community-based, non-profit facilities that offer indoor sports leagues, exercise classes and equipment to both members and non-members.

In Burnham, the Juniata Valley YMCA offers comprehensive programs and modern facilities, and with its indoor pool offers swimming lessons, too. The Fayette Lions Den, in McAlisterville, is home to numerous indoor athletic activities and competitions. And the Middlecreek Area Community Center in Beaver Springs has similar offerings to the Lions Den for residents of western Snyder County and even parts of Mifflin County.

Sentinel photo by JEFF FISHBEIN

The Middlecreek Area Community Center in Beaver Springs has a room dedicated to free weights along with other exercise equipment.

Sentinel photo by BUFFIE BOYER

Dan Condon works out in the fitness room at the Juniata Valley YMCA.

Juniata Valley YMCA

Perhaps the largest of the three community facilities, the YMCA has a substantial variety of activities within its doors. The newest activity the "Y" offers is indoor lacrosse, which is open to students in grades 8 to 12 and is played during after-school hours on Thursdays.

Lacrosse joins existing soccer leagues that are available for youth ages 4 to 12.

Among the other activities at the "Y" are Tae Kwon Do and Judo classes for youth and adults. The "Y" also offers weekly ping pong. And there's an indoor climbing wall available.

There are any number of exercise classes offered at

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Sentinel photo by BUFFIE BOYER

The Fayette Lions Den in McAlisterville plans an expansion of its indoor sports arena.

Do you have Diabetes?
No time to prepare healthy meals?

We are seeking volunteers with Type 2 Diabetes to join a nutrition study testing three healthy diets, including one with pistachios.

Time: 3 months
Details: All food is provided (meals, snacks, drinks)
Come to Penn State (State College) 2-3 times/week
Who: Men aged 30-75
Women who are post-menopausal (up to age 75)
Diagnosed with Type 2 Diabetes
Not taking insulin (metformin is ok)
Benefits: $500 compensation
Lab results at no cost
Learn about healthy food choices

This research study is being conducted by faculty at The Pennsylvania State University.

Phone: 814.863.0926 Email: pistachio@psu.edu