



Tri-Cities Family YMCA Weight Room Renovation FAQ's

The Tri-Cities Family YMCA will soon begin renovation of the Weight Room to create an improved strength training experience for our members. During the renovation, the weight room will relocate to a temporary location on the lower level.

Enhanced features:

- New fitness flooring, ceiling, lighting, tectum panels and finishes.
- Removal of the track to increase floor space.
- New turf and sled area.
- Benches and cubbies added to store belongings.
- Complete refresh of the space for an enhanced strength training experience.

When will the renovation start and how long will it take?

Equipment and weights will move out of the current space on Monday, February 2. Members may enjoy weight room amenities in its temporary location on Tuesday, February 3. The renovations will be finished in spring 2026.

Where can we strength train during the renovation?

The Weight Room will relocate to the lower level South Corridor in the new program studios.

Which equipment and weights will be available in the temporary location?

Free weights, barbells and plates, machines and other equipment pieces will move to the temporary space. The large rig (rack in the functional fitness area) will not be available during the renovation.

Will there still be a track in the weight room?

No. Look for a new track and cardio theater on the upper level in spring 2026. Removal of the track will increase floor space for stretching and training and allow for installation of turf and a sled.

Thank you for working with us to create a safe and welcoming environment for all.