



The Y in Central Maryland • It's deeper here®

**FOR IMMEDIATE RELEASE**

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**THE Y IN CENTRAL MARYLAND HIRES THREE SENIOR FITNESS DIRECTORS**

(Baltimore, MD) –The Y in Central Maryland is pleased to announce the hiring of three new tenured Senior Fitness Directors: Julie Lincoln at the Orokawa Family Center Y in Towson, Brian Hauer at the Greater Annapolis Family Center Y in Arnold and Kelly Keh at the Ward Family Center Y in Abingdon.

Lincoln, who holds certifications as a trainer and life coach, and is a gravity, TRX, spin, P90X and power plate instructor, brings 15 years of experience in the fitness industry to the Orokawa Family Center Y. That experience includes building very large and successful personal training programs at the Big Vanilla Health Clubs in both Arnold (now the Greater Annapolis Family Center Y) and Pasadena. Lincoln graduated from the University of Maryland, College Park with a bachelor's degree in sociology.

Hauer comes to the Greater Annapolis Family Center Y with 12 years of experience in the health and wellness field. Throughout his career, he has worked as a health and fitness specialist, group exercise instructor, personal trainer, fitness manager and general manager. He also holds American College of Sports Medicine (ACSM) Health Fitness Specialist certifications. Hauer's wealth of knowledge in personal training supervision and management will serve as a great asset to the Greater Annapolis Family Center Y's extensive physical therapy program. Hauer graduated from East Carolina University with a degree in exercise physiology.

Keh began her career in sales and marketing and then started her journey into the fitness world in 2004 as a group exercise instructor at the Ward, Perry Hall and Parkville Family Center Ys. She holds numerous fitness certifications, including cycle, body pump, zumba, cardio dance and balletone. Keh graduated from James Madison University before receiving her masters of business administration from Johns Hopkins University.

**Our Mission:**

The Y in Central Maryland is a charitable organization dedicated to developing the full potential of every individual through programs that build healthy spirit, mind and body for all.

**Our Commitment:**

At the Y, we are committed to providing family-oriented, affordable, high quality programs.

A cause driven organization with three areas of vital focus:

- *For Youth Development:* nurturing the potential of every child and teen
- *For Healthy Living:* improving our community's health & well-being
- *For Social Responsibility:* giving back and providing support for our neighbors

The Y is a place for everyone. People of all races, ages, faiths, gender, abilities, backgrounds and incomes are welcome and financial assistance on a sliding scale is available to those who would otherwise be unable to participate.

**Our Values:**

Caring, Honesty, Respect and Responsibility

More information can be found at [www.ymaryland.org](http://www.ymaryland.org).

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