



# MEMBER SPOTLIGHT

Boonslick Heartland YMCA

JULY 2021

## MEET KRIS

### HERE IS HER Y STORY:

"I'm a runner! I also enjoy strength training. . . I am NOT good at other sports, including Pickleball! :) They Y has helped me to be a better runner and to try new things."

Kris is also a group fitness instructor here at the Y! She leads the Toning Time class that's currently every Monday morning at 5:30 AM

The staff  
are great,  
instructors  
are great,  
and the  
members  
are fun too!

CHECK OUT THE REST OF THE  
INTERVIEW ON THE NEXT PAGE!

## **HOW LONG HAVE YOU BEEN PART OF THE Y FAMILY?**

My family moved to Boonville in 2002, and I believe when my kids were little they were part of the Y's TBall program, so I think we have been a part of the Y since then.

## **WHAT'S YOUR FAVORITE THING ABOUT THE Y?**

The people you get to meet! The staff are great, instructors are great, and the members are fun, too!

## **WHAT'S YOUR FAVORITE Y MEMORY?**

I enjoy the New Year's Challenges. It makes me do things I don't like to do. I will try most anything. . . once!

## **HOW HAS THE Y HELPED YOU REACH YOUR GOALS?**

The Challenges keep me on my toes and when there are guest speakers, especially about nutrition, I have learned a lot. I have reached a weight goal now, and work to maintain it through classes, workouts, etc. I have also challenged myself to do better in my running through the various runs (10K, 5K, half-marathon). I recently hit a new PR in the Do Or Die!

## **DO YOU HAVE ANY ADVICE FOR ANYONE INTERESTED IN BECOMING INVOLVED AT THE Y?**

**DO IT!**

Join a class, do a challenge, walk a 5K, use the pool.  
That's what it's here for!

## **WOULD YOU LIKE TO SHARE YOUR Y STORY?**

We'd love to hear it! Reach out to our Member Engagement Director,  
Tammy Huntsperger at [tammyh@bhymca.org](mailto:tammyh@bhymca.org)