

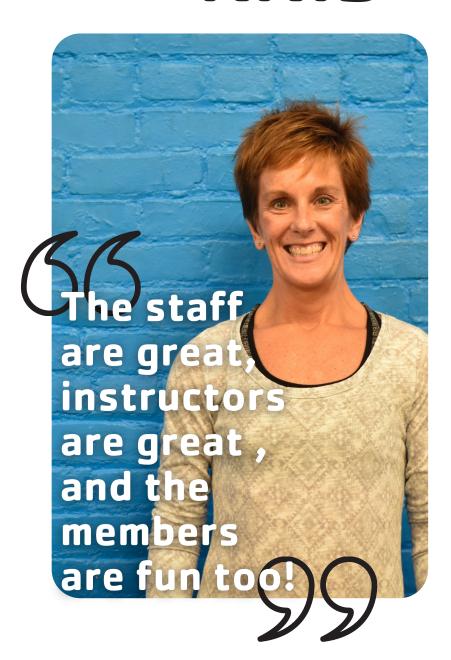


### MEMBER SPOTLIGHT

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

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

## HOW LONG HAVE YOU BEEN PART OF THE Y FAMLY?

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

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?

THING ABOUT THE Y?

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