



MEMBER SPOTLIGHT

Boonslick Heartland YMCA

JUNE 2021

MEET DAKOTA

HERE IS HIS Y STORY:

I moved to Boonville with my husband in 2017. We have 2 seven year old boys and 2 fur babies. I love singing, dancing, makeup, and spending time with my family.

I saw a post on Facebook about a Dance2Fit class. It sounded so fun! I was so nervous my first class because I had no idea what to expect. But the class was a blast and the people were SO supportive! I started teaching Dance2Fit almost 2 years ago and I still look forward to it throughout the week.

**The Y can
help you
reach your
best
self**

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

HOW LONG HAVE YOU BEEN PART OF THE Y FAMILY?

I became a member in 2017.

WHAT'S YOUR FAVORITE THING ABOUT THE Y?

I love the Boonslick Heartland YMCA because it's a community. A safe place to better yourself surrounded by people who are cheering you on!
What's not to love?

WHAT'S YOUR FAVORITE Y MEMORY?

There are so many wonderful memories! From swimming lessons and soccer games to social gatherings and fundraisers! I have so many fond memories in just the 4 years I've been a member. However, I must say my favorite memory is Dancing with the Local Stars! #champs

HOW HAS THE Y HELPED YOU REACH YOUR GOALS?

I was never a person who enjoyed working out, but the YMCA has made it, not only fun, but so obtainable. This place not only helped to reach my goals, but taught me how to set realistic ones as well.

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

DO IT!! Whether it's trying a new class or signing up for a membership. The YMCA can help you reach your best self. Another piece of advice is to ask questions. Exercise can be intimidating but it doesn't have to be. The Y is full of people who want to see you be a better you and they are willing to help and answer any questions you may have, even the "silly" ones.

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