



MEMBER SPOTLIGHT

Boonslick Heartland YMCA

MARCH 2021

MEET KYLIE & ELIZABETH

HERE ARE THEIR Y STORIES:

ELIZABETH

This is the first gym membership I've ever had. I was nervous to join due to worrying about being judged, not having fun, and getting bored and not sticking with my fitness goals. Much to my surprise after joining the Y, it has been nothing like I feared. Joining the Y has made me enjoy working out and makes working out 3-4 times a week not feel like a chore.

KYLIE

I joined the Y to be more intentional about being active and try new things! I knew the Y had a lot to offer.

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



there is something for everyone!

HOW LONG HAVE YOU BEEN PART OF THE Y FAMILY?

E: I've been a member at the Y since about last November. I used to take swimming lessons here when I was a kiddo, though so I'm reminded of the days my great-grandpa used to take me to my swim lessons every time I pass the pool. Warms my heart every time!

K: I've been a member since last November.

WHAT'S YOUR FAVORITE THING ABOUT THE Y?

E: It's hard to pick just one so I'm going to cheat and say two. One is the variety of workout classes and how they are free with membership. You'd have to pay extra anywhere else AND they are fun, great workouts, and the instructors are awesome. The second thing is how nice everyone is. Most people fear of being judged when joining a gym, but I've never experienced that here. Staff and even other members are so friendly and welcoming. It's a really good feeling.

K: The nice fitness instructors!

WHAT'S YOUR FAVORITE Y MEMORY?

E: A memory that I will probably never forget would be the very first day Kylie and I joined the Y. We walked into cycling class after passing by the sign that informed people to sign up for classes first. We just walked right on in! Everyone in the class was super nice, helped us out, and let us join even though they knew we hadn't signed up. It was embarrassing at the time, but we laugh about it now. Now we sign up for classes first and we love them!

K: Early morning workout classes are my favorite! Everyone is so happy and upbeat and it sets a good tone for the day.

HOW HAS THE Y HELPED YOU REACH YOUR GOALS?

E: By having such a variety of workout classes and equipment. It keeps it fresh, fun, and exciting everyday. It has helped make going to the gym 3-4 times a week not feel like a huge chore. I look forward to my gym days!

K: I've never been as consistent and had as much fun working out until I joined the Y.

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

E: My advice? Join. Judgement free. I've experienced staff having always been helpful and address any questions or concerns that I've had immediately. There's so many activities, equipment, and workout classes that there is something for everyone!

K: Just try it!

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