

Faces of the YMCA

“The YMCA is about friends, safety and peace...”

Amy King

Amy has been a member of the YMCA for over 20 years. Amy works out at the YMCA about three mornings a week. Her workout generally starts at 6:00 am and finishes around 8:30 am. Amy walks on the track, participates in aquafit and cycle classes. In Amy’s words, “I’m the oldest member in cycle classes. I am 77 years old; I can’t keep up with the young ones but at least they enjoy my company too and it gives me a lot of encouragement. I am trying to get some of the older members to try out the cycle class; it’s a lot of fun.”

Amy has family that comes to the YMCA and she is always encouraging people in the community to come to the Y “because it keeps you healthy”.

Amy has been around the Y for some time and is grateful to the Y staff and volunteers, “they are always so cheerful and helpful, and they are just excellent.” Speak with a YMCA staff person and they would say the same about Amy.

Amy is well known and liked at the YMCA, and has met a lot of friends. “At the YMCA you are never lonely. You always have someone to talk to and it keeps you healthy. I believe in the Y for exercise because that’s what you need to keep you going. Don’t you feel better once you have exercised?”

“The YMCA is my second home, I just love it here.”

The YMCA to Amy is about “friends, safety and peace”.