



Randolph-Asheboro YMCA

MY Y STORY



Adam West

I have been going to the YMCA since I was a child. I used to participate in Little League Soccer and Basketball and have always been an active person in sports and other extra curricular physical activities. I joined the YMCA in March of 2014 and have loved every minute of it. The staff and the people that come here to work out have always been very respectful and will go out of their way to help you which makes going to the gym a lot more attractive. I have completed all of the Insanity and P90X videos and needed something more. I began training to swim shortly after I joined and have enjoyed it every morning or afternoon since. I have met a lot of members through going to the Y and from also playing in a local band, Southbound 49. I have had members come to watch the band play and have had many conversations inside the YMCA as well as outside with these members. I plan to continue my career at the YMCA for as long as I can (or until the staff decides to get rid of me). 😊

"Never worry about what other people think. Always be yourself and push yourself to every limit that you can stand."

Share your story today! Pick up our My Y Story card at the Front Desk!