



Randolph-Asheboro YMCA

MY Y STORY



Laura Newsome

After being scared of a “gym atmosphere” I made the decision to join The YMCA in January of 2016, and I am so happy when I look back and realize what has come from that one simple decision! I was so timid, and so scared of a new place, but everyone was so welcoming! When I started my goals in the gym were simple: I wanted to gain some muscle and be a healthier me. 2 years later, and so much has changed! I have grown to love the gym.. In fact, coming to the Y is the one thing I look forward to daily! Lifting weights has become a passion and a lifestyle for me. I have tried multiple gyms, and have never found one that feels like the Y to me! Because of the friendly staff, the friends that I have made, and the quality gym equipment the Randolph-Asheboro YMCA will always be “HOME” to me!

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