



Randolph-Asheboro YMCA

MY Y STORY



The Frazier Family
**Morgan, Krista,
Anson & Ty**

We choose the Randolph-Asheboro YMCA for many, many reasons. We joined the YMCA, about 5 years ago. We both wanted to get more intentional about exercise, in a safe and family environment. I also wanted a place with big locker rooms, an indoor pool, sauna, and some form of child care. Our family was growing, and knew these would be important. The YMCA offered all these to us. I was quickly involved in more activities at the YMCA that I did not know they offered. It has more programs than I realized, and as our children grow with us we get more rooted in the YMCA community.

Krista has been able to work out with a few friends and then convinced her sister and our brother in-law to join. They also had 2 young boys that needed to spend some energy. This became the perfect meet up place and convenient location between all of our houses. Krista and her sister have now made it part of their weekly routine. While the kids are being taken care of by the child-care staff, they may spend a little more time in the gym. My brother in-law has a non-traditional work schedule and has really taken to the YMCA. We have always been impressed with the amount of equipment that the YMCA has in the weight area.

The Y has also been a place we have spent a lot of time because there is always something to get involved in. Our kids have taken swimming lessons, played soccer, played baseball, used the pool on cold winter days, spent much time in child care, shot basketball, go on the playground... and have never felt unwanted or unloved there. When your child does not want to leave the day care area... that says volumes about the work they do there.

Our next step at the YMCA would be to get into the BeastMode classes. Well..... maybe yoga.

“No matter your ability or fitness level, you will be able to find an area or program to get involved that will incorporate your level and your desire to reach your goals.”

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