



Randolph-Asheboro YMCA

# MY Y STORY



## **Pariz Family**

Marcelo, Frances,  
Careen, and Lauren

After having kids we started looking for a family oriented gym for the whole family. The Randolph-Asheboro YMCA fit our needs perfectly. A group of us started a men's pick-up basketball league in the mornings, before work, and we've been playing for over 3 years. My wife, Frances, has taken lots of group fitness classes, including Yoga Wall classes and Les Mills BodyPump. Our kids, Careen (6), and Lauren (3) have participated in the youth soccer league, and enjoyed the pool, Splash Pad, Nursery, and Summer Camps.

We've made friends and built relationships because of our Y membership, and couldn't be happier about the staff and environment! The Y really is more than just a gym!

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