



Kosciusko Community YMCA

Member Newsletter

Volume 3 Issue 7 July 2008

Meet a Member



After my physical in August of last year, I decided it was time to make some serious lifestyle changes. My blood pressure was approaching high levels and my bad cholesterol was elevated as well, not to mention that the pounds were creeping up. I pretty much felt like a train wreck. Even though I was exercising on a fairly regular basis, my energy levels were

low, I was tired, and it was time for a change.

It was in August of 07 when my friend Roger Bair and I decided to sign up for Brenda's Indoor Group Cycling class. We were going to Michigan with our wives for a weekend of cycling in October and thought we would work ourselves into bike shape before the trip. That was the beginning of an incredible journey. I started taking the indoor group cycling class 2 to 3 times a week, but decided not to get real serious until January 1st of this year. My wife Lisa and I made an agreement to get in shape and we would reward ourselves with a trip to Mexico in November.

January came and we both got serious, I increased my intensity and started eating right. Brenda suggested that I give George's boot camp a try, and add some variety to my workouts. I started playing racquetball again, and the pounds were going down and my energy levels were soaring. I was gaining strength and endurance. Lisa and I bought new bikes and began to ride whenever we could get some free time. For the first 6 months of the year I rode 1700 miles indoors and outdoors, and did my first triathlon, and it won't be my last...

The best part of all of this was my May physical results, and all the new friends I have made along the way. My bad cholesterol is now normal, and so is my blood pressure. My total cholesterol is as low as it has ever been. I have lost 36 pounds and I am 8 pounds away from my wedding weight 21 years ago. I feel great.

I think the world of George and Brenda and want to

thank them both for their training, encouragement, mentoring, and most of all their friendship. They make group exercise fun, and they can get you in shape. If you are spinning your wheels and not making any progress, I encourage anyone who is not involved in some kind of group exercise to find a class you like and go for it. I am glad I did. Thanks, also to the rest of YMCA for their fine facilities and great staff of people.

Dave Readle



Member Appreciation Day!

Wednesday, July 23rd
Giveaways!

All day event! Join us for food and fun and the Y guy!

Outdoor Soccer Registration

Ages: 3 years old- 3rd grade
Registration: July 7th-August 11th
Season: September 6-October 11th



Soccer Camp

Ages: 1st-6th grade
Time: 9:00a.m.-
12:00p.m.
Smith Street Branch:
July 14th-18th

Basketball Camp

Ages: 3rd-6th grade
Time: 9:00a.m.-
12:00p.m.
Smith Street Branch:
July 28th-Aug. 1st

Jump Rope Camp

Smith Street Branch: July 28th-August 1st
2:30p.m.-4:00p.m. (Monday-Thursday)
1:00p.m.-4:00p.m. (Friday)