



# Kosciusko Community YMCA

## Member Newsletter

Volume 1, Issue 2 October 2006

### Meet a Member



My name is Kay Leslie and I live in Warsaw and I am now single. I am the mother of four children, grandmother of eleven and great grandmother of one. I joined the YMCA in June 2006 after the

urging of a dear friend and my family doctor who is also a member. I had become quite sedentary in my lifestyle over the past ten years due to numerous health problems including osteoarthritis. I knew I needed to do something although I was afraid of the water, I joined "Women in Action", water aerobics. It meets three days a week and I walk in the warm water pool one day a week. I still have some fear of the water, but it feels so good to be moving that I can overlook the fear. Besides losing 20 pounds, I have also lost some joint pain and stiffness. I have gained stamina and energy which is good since I started caring for my four year old granddaughter four days a week. I was concerned about how I could continue in my program when an employee of the Y suggested a youth membership for my granddaughter. She attends "Kids Station", while I exercise, she loves it and it really helps me. I am grateful for the financial assistance program for those with lower incomes. I have really enjoyed meeting everyone in my group and the friendly employees. I hope I am able to be a part of this great facility for many years!

Visit us at our website  
[www.kcymca.org](http://www.kcymca.org)

**"Motivation is what gets you started...  
Habit is what keeps you going."  
-Jim Ryan**

### Free Classes for Members!

Indoor Group Cycling- Fridays at 9:00 a.m.  
Indoor Group Cycling- Saturday 8:00 a.m.

### Land Aerobics

Classic Cardio M,W, F 9:15-10:15am  
Step Challenge M/W 4:15-5:15pm, T/TH 9:15-10:15am, starting Fall II T/TH 4:15-5:15pm  
Kickin' Intervals T/TH 12:15-1pm  
Super Cardio T/TH 5:30-6:30pm  
Aerobic Diversity Sat 8:30-9:30am

### **"Member get a Member" Member Referral Program**

**Refer one new member and get one month free up to three new members!**

***We build strong kids, strong families,***