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FOR HEALTHY LIVING
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What The Y Means To Me

Note: The Geneva Lakes Family YMCA is thrilled to share this incredible Y success story written by Judy, one of our members.

"I have been a "gym rat" for most of my adult life. Last December having belonged to the same health club for 45 years, I decided to step out of the box, for no other reason than needing a change of scenery, I joined the Y.

With some trepidations that first morning I stopped at the registration desk only to be greeted with a cheerful "Good Morning". I proceeded to the gym for a silver sneakers cardio class. There I discovered old friends and acquaintances I hadn't seen for 25 years or more.

An added surprise awaited me. The Y was starting pickle ball play on Tuesday and Thursday. Was it time to buy a lottery ticket?

Branching out to a number of classes, finding inspiration, professional & cheerful instructors, I have fallen in love with this great facility.

Since joining the Y a little over a year ago, I am younger, mellower, more coordinated and agile. At least I like to think I am!"



Judy C. finds friendship, inspiration & the motivation to stay fit & active at the Geneva Lakes Family YMCA.

-Judy C.