



Meet Marcie

This rock star group exercise instructor hasn't always been apart of the Y. In 2018 she started her journey at the Y, beginning to take classes and getting to know people. In early 2019 she began to get serious about her health, taking more classes and focusing on her weight. After a year of pushing herself she has lost 70+ pounds and has become a group exercise instructor!

She says that "the Y is my comfort place. Exercise is my "me" time and my stress relief. I always leave in a better mood than when I got there". If not for the Y she would not have a place to exercise and feel comfortable doing so, be able to socialize with others and her kids wouldn't be able to play with other kids. We are glad to have Marcie and her family apart of our Y family!