

JANUARY 2019 MEMBER OF THE MONTH

Saif Ali

When I used to work out, my goal was just to maintain an athletic body. When I signed up for the YMCA in Ashland, I found out that the gym is above and beyond what I had expected. Not only was I building muscle and achieving my goals, I made many friends along the way. Several of the body building heroes of the Y have given me advice on proper lifting and exercise. I also want to compliment the great customer service, they have always been there to lend a helping hand. I have had the best experiences and the YMCA and I truly feel it is comfortable and friendly workout environment. I am very thankful to the staff, my friends, and the members for making the gym one of the most enjoyable places. Keep up the hard work folks! Let's get bigger and better. I love you all!

