

APRIL 2019 MEMBER OF THE MONTH

OLIVIA SONES

This month we have selected Olivia Sones as the Member of the Month! Olivia is a student in our Middle School Weight Training class led by Personal Trainer, Colin Vaughan. Colin has been bragging since day one on Olivia's work ethic in the class. I was able to sit in on one of the classes with Colin, and to no surprise Olivia was outworking the entire class with her tough grit and never quit attitude.

We asked Olivia to describe how the YMCA has had a positive impact her life.

"When a lot of kids were laying on the couch playing video games this winter, I was at the Y getting stronger from taking the Middle School Strength Training class with Colin. Going to the Y really motivates me to work hard. I have made friends there that I look forward to coming in to see. I have greater confidence since starting the class and feel that I am better prepared for track season since I have been working out at the Y after school. Overall, I have found that working out can be fun and I am proud of the progress I have made since taking the Strength and Conditioning class."

Thank you Olivia for your leadership in class and motivating your teammates!

Sincerely,

Derek Mordica