

MAY 2019 MEMBER OF THE MONTH

ROCHELLE DUNCAN

This month, we are throwing a curveball out there. Although she is a member, she is also an employee of the Y. Actually, she is the longest tenured employee of the Southern Boone Area YMCA to be exact. Rochelle Duncan eats, sleeps, and breathes the YMCA. Not only does she have a full-time job at the University, she teaches 14 classes per week at the Y on top of a few personal training sessions. We are honored and privileged to have Rochelle as a group exercise instructor. Her determination to help those reach their goals cannot be matched. Congrats, Rochelle...you get to park up front, however I am sure you will park in the back to get your steps in!

-Kip

"I was quite shocked when I found out I was named the May YMCA Member of the Month and then my shock turned into pure appreciation!! The Southern Boone Area YMCA holds a special place in my heart for so many reasons!! The YMCA has helped me to continue to stay on track with my weight loss and health goals. I know that I will never go back to the sedentary, over weight person I was years ago! My biggest hope is that I am and will continue to be an inspiration to others.....whether it is by me working out in the Y or by teaching classes!! I have met so many great people and made such amazing friends at the Southern Boone YMCA!! I look forward to many years at the Y....not only as an instructor....but as a member!!!"

-Rochelle

