



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MY Y STORY

RECLAIMING HEALTH

Marin: I started coming to the Y about one and a half years ago. I had lost 25 pounds and wanted to do more. Having Multiple Sclerosis (MS), aquatic exercise was my only option. I began taking Deep Water class and Finning along with swimming laps and continued to drop another 60 pounds for a total weight loss of 85 pounds. These classes are a total body workout and have helped me with core strength and endurance. Although I will always have MS, the aquatics program has helped me get my life back.



Jill & Marin

Jill: I have been a member of the Y for 20 years. I am a breast cancer survivor and returned to the Y taking three yoga classes a week. Needing more exercise, I began taking Deep Water and Finning classes. Finning class has been a great complement to yoga by improving my core strength and endurance.

