



Member of the Month Barb Jess



The staff of the YMCA are pleased to announce that our Member of the Month for April is Barb Jess!

Barb has enjoyed the Y for most of the 40 years she has lived here. Many years ago her husband suggested a treadmill for Christmas, and she suggested a gym membership instead. She's been a member ever since. She enjoys the pool and weight room, which helps a lot with her Parkinsons. She says the most valuable part of a membership is the people: the locker room friends, the "pool pals" and especially the helpful staff. She feels very lucky to be part of such a wonderful facility.

Thank you Barb! We're lucky to have you!