



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR YOUTH DEVELOPMENT

STORYTELLER

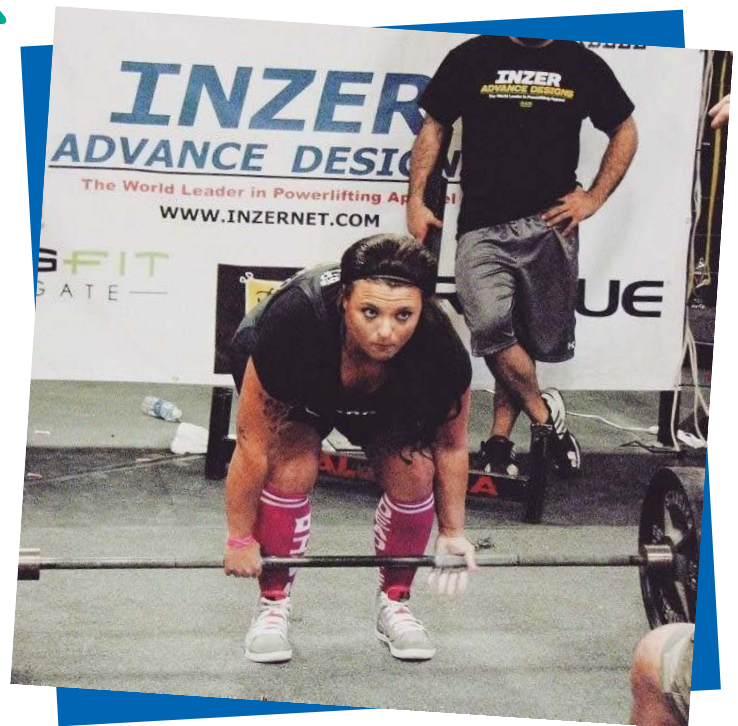
NICOLE

Walking down the stairs, I was faced with the ultimate decision. Do I go left and enter a place where I know the feeling of satisfaction will hit me as long as no one looks in my direction or do I go right and go where other gyms have told me I NEEDED to go?

Not at the Quincy YMCA; I was greeted with open arms into the weight room.

You see, not only was I an ex-overweight women with the same worried mentality, I was a new powerlifter. I did not want to be viewed as someone who wasn't welcome because I was not there for just cardio. Not here, they showed me the weight room, where their deadlift platform was, as well as which squat racks they had for my access. I felt like I was in heaven!

I have attended the YMCA for over a year now and they have absolutely catered to my powerlifting needs. Every single person I have encountered has been nothing but encouraging. I hear the employees cheering me on in the background when I am training heavy. It pushes me to do better. The Quincy YMCA caters to every style of fitness you could have! I have reached my elite powerlifting total because of their encouragement and wonderful lifting atmosphere! I have managed to get even healthier in the process too!



Thank you Nicole for being a **STORYTELLER for the YMCA!**