



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

MISSION IMPACT

"I love the YMCA "-Lillie Murphy



Lillie Murphy has been a member of the Y since 2011. She began her Y journey after a friend told her about how much they loved the YMCA. Lillie has since participated in multiple programs and classes like chair yoga, active older adults and enhance fitness. Lillie makes sure to come to the Y 5 days a week to enjoy the classes and meet new people. Lillie has built strong relationships since joining the YMCA and has enjoyed meeting new people everyday and interacting with the staff. She loves that she can meet new people daily. The YMCA has helped her with new social connections and given her a space where she can interact with inspirational and motivational staff and other members. Ms. Lillie picked the Y over other fitness facilities because of the friendship and relationship you can make at the Y that you can't make anywhere else because the Y has heart and kindness is in everyone you meet. Lillie has progressed in enhance fitness and active older adults. And the classes have helped with strength and endurance.

"You have to keep challenging yourself."

She has seen her body progress and would not have been able to accomplish what she has with out the support and encouragement the YMCA has given her. Now Lillie has encouraged others to join the Y and supports new members on their Y journey.