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FOR HEALTHY LIVING
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My Y Story

Athalia Smith, New Britain YMCA

My Y story begins at age sixteen when I started coming to the New Britain YMCA with my dad. I worked out here all through high school. During college breaks I came here with my twin sister so we could stay in top form for the Sacred Heart University Track team. After graduating, I continued to come here to stay fit. The Y is an important part of my day.

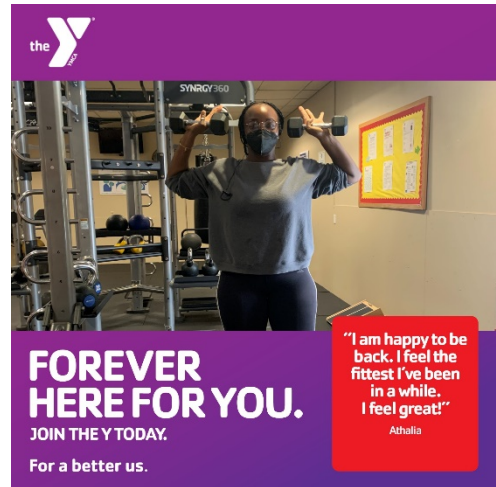
When I was younger my favorite things to do here were lifting and stretching and I used the pool. Now I do thirty to sixty minutes of cardio and use the Y360 room every day.

The gym has always been my constant. It was very hard to be away during the shutdown. When I came back I thought "Yay I'm back!" Seeing all of the familiar faces warmed my heart. It is like a family. I felt happy and seen.

The Y has put a lot of safety precautions in place. It is clean and there are plenty of supplies for you to wipe down the equipment you use. I feel safe.

Working out here is a great way to properly start, or end my day. I feel accomplished and the fittest I have been in a long time. I feel great! I would definitely recommend the YMCA.

Editor's note: As of May 19, 2021 masks are no longer required if you are fully vaccinated, although you are welcome to wear one if you would like to. If you are unvaccinated you are required to wear a mask.



MERIDEN-NEW BRITAIN-BERLIN YOUNG MEN'S CHRISTIAN ASSOCIATION, INC.

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