

# Member Spotlight

## **Why did you start coming to CYCC?**

At first it was curiosity about the facility, then I started meeting and making friends and taking classes.

## **What is your favorite thing about CYCC?**

The morning attendees are fun and friendly. People look out for each other. Love my classes and the instructors

## **What goals did you set for yourself/what was your intention when 1<sup>st</sup> coming to CYCC?**

Just to stay in shape and keep muscle tone and strength as I get older. Live longer and stay healthy

## **What is your favorite thing to do in your free time?**

Being with our family and grands when possible. I just enjoy working around the house and yard

## **If you had one piece of advice for life, what would it be?**

Be kind to people even when they are difficult-never know what life is throwing at them

# Sandy

