



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Y RECIPROcity: MEMBER MISSION MOMENT



Rick Migliosi

How long have you been a Y member?

2.5 years (BAY every Monday, Wednesday, and Friday)

What are your 3 favorite things about BAY?

Neatness of the facility, Variety of Equipment, and the great people working there and the great people working out there! **I always feel welcome!**

What purpose does the YMCA serve in your life?

Initially, the facility served to keep me in shape... but, recently, due to some severe health issues, working out at the Y will help to get me back on my feet, regain strength and increase my overall stamina. I can count on the staff to always help me if needed!

Have you made a lot of friends at the Y?

I have been to many facilities in the past, but the BAY has allowed me to make many friends, easily.

What would your life be without BAY?

Without BAY, I would have a feeling of emptiness... Everyone there has become a big part of my life!