



My Y Story

Ruth Haynes



My name is Ms. Ruth Haynes. I am a member of the Downtown YMCA Silver Sneakers program. I have been a member of the Silver Sneakers program since 2001. With this program I am able to work out four days a week. At 80 years old, I am a member of the Silver Sneakers Dancers. We perform at various events throughout the city. My key to health is staying active. My favorite thing about the Y is that it's welcoming and everyone is nice. Our Silver Sneaker group is so close that we even visit each other's church and participate in group activities outside of the Y. This is my Y! It's a real community here.