



We have three great Y Associate Shout Outs today. Great work and teamwork everyone!

Kateyln Cole (Group Fitness Instructor, The Y in Catonsville and The Dancel Y in Ellicott City)

Katie has been a terrific asset to our Group Fitness Instructor team since recently joining us at the Y. This past Monday, I had a sudden illness before my 7PM Body Pump class. Just two hours before class time, Katie stepped in to substitute, ensuring our members had their scheduled workout. Thank you Katie! (Submitted by Sue Sawyer)

Robyn Friend (Assistant Director, The Y Preschool in Towson)

Robyn has been a phenomenal asset to the preschool team! She has gone above and beyond, stepping in when needed, being a resource, sounding board, schedule planner, and providing support to me and the entire team. She has done this all with grace and strength while being a mother, student, and friend. Our center would not be the same without her! (Submitted by Celina Fitch)

Lauren Hardesty (Group Exercise Instructor, The Y in Pasadena)

I was subbing a class for the first time at the Y in Pasadena. I was delayed getting there, and as a result, came in quite stressed since class was now starting late. Add to this that I was new to the stereo system, sending me further out of sorts. Lauren was in class as a participant, and generously came over and introduced herself as a cycle instructor, and proceeded to assist me with the stereo. When I realized that I was without a 'dongle' to attach my iPhone to the stereo, Lauren kindly went and found one for me to use. She truly went above and beyond the call of duty to help me in a pinch. Thank you, Lauren! (Submitted by Sue Sawyer)

If you have a colleague you'd like to "Shout Out," just fill out the nomination form linked here: [Y Associate Shout Out Nomination](#)

Thanks!

All the best,

A handwritten signature in black ink, appearing to read 'J. Hoey', written over a light gray rectangular background.

John K. Hoey
President & CEO