



THE Y IN CENTRAL MARYLAND

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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



THANK YOU, DEBBIE.

After dedicating 15 years of helping people achieve their fitness goals, we will sadly be waving goodbye to Fitness Coordinator, **Debbie Fowle** on May 31.

Getting her start at the Y in Perry Hall before moving over to the Y in Parkville a year later, Debbie can usually be found working the fitness floor helping members with everything from FitQuest to Kids Cardio. She is also the **very important** person that opens the center at 5am

and makes the coffee!

"It's my job to make sure everyone knows what they are doing. I always make sure to tell people to come and see me if they have any questions. It's important to feel comfortable on the machines!" Debbie shares.

Known for her infectious enthusiasm and energy, Debbie's favorite thing about working for the Y is the members:

"I've built a lot of friendships throughout the years and they are all wonderful. I particularly enjoy working with the seniors. People are so friendly at the Y in Parkville. It has a great atmosphere!"

One of the other things Debbie likes about working for the Y has been the variety of programming and opportunities available to people and families in the community.

She shares: "One time a member came in and she was going to resign her membership. I asked her why and she told me she used to bring her granddaughter and she no longer comes. I asked her, '*what about you?*' I then walked her around the center and showed her all the things she could do. She ended up staying and thanked me for talking her into it! It made me feel good."

Debbie will be sorely missed at the Y in Parkville and we wish her a well-deserved retirement filled with relaxation and sleep-ins!

A charitable, cause-driven organization working for community well-being.
The Y.™ For a better us.