



BETTER TOGETHER

Marti and Warren Fritz have been YMCA members at the Maple Y for several decades, on-and-off again, as family life, careers, and interests changed through the years. Their history with the Y started with Marti playing tennis and volleyball while their then preschool-aged boys went to the babysitting service. As the boys grew, they enjoyed family swim time and other activities. Marti and Warren used the exercise equipment at 5:30 am for years before going to work.

Nowadays, Marti makes sure to keep herself and Warren active and strong through classes like ZUMBA with Denise Sonier (her thing!) and BOOM with Active for Life Director Shashu Baraka, which they take together.

Marti says that the group exercise classes have played a major role in keeping them both fit and strong enough to enjoy an active lifestyle. In addition to having sailed the Great Lakes for many years, last summer they

canoed the Boundary Waters. “It was a vigorous excursion,” says Marti. “We had to portage our canoe and backpack all our supplies -- major feats for people our age. We were strong enough to handle the physical demands as a direct result of our fitness routine at the Y.”

Warren says that Marti is the drive behind their commitment to the Y. He appreciates the role she plays in making sure he gets his workouts in, “Sometimes, I need a little nudge.”

They concur that one of the big reasons they come to the BOOM class is because of Shashu. “She will email to check on us if we’ve been absent from class for any unplanned period of time,” says Marti. “Her genuine caring for our well-being and her consistent encouragement for staying active really supports our commitment to the YMCA exercise experience. That we have each other plays the biggest role in keeping us moving.”