



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NIKI STRAIN

About Niki

- Niki is a certified scuba diver. She has dived in the Mediterranean, Bahamas, and the Virgin Islands.
- She loves to travel and take care of her grandchildren.
- She rides a Harley Motorcycle.

Why She Loves the Y

Niki loves the YMCA because of the people. She was not an avid exerciser before she joined the Y. It didn't take long before she had people who were holding her accountable to be here. Patricia, one of our Fitness Instructors, and Cindy, at the Front Desk, were two of her biggest encouragers. She continued to come regularly because of their smiling faces and motivating words. She says that she feels better now than she did at 30 years old!

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