



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Maureen Prentice

Maureen (Mo) has been a member of the YMCA for over 15-years and also served on the YMCA's Board of Director's for 8-years. She grew up in Columbus, Ohio then moved to Logansport and graduated from Logansport High School in 1979. She decided to get into a workout routine after her children got older and found a passion for exercise and being fit. Her fitness routine began many years ago with step aerobics and progressed into running and biking. Once the initial spin bikes were donated to the Y, she volunteered to teach the spin classes after having attended several spin classes around the country. She has now been teaching spin classes for 9-years and loves showing people how to get a great – low impact cardio workout while having fun in a group setting.



Her favorite motivational quote is “motivation is what gets you started and habit is what keeps you going”. Staying in a fitness routine is a way of life. In her free time she enjoys biking outdoors with family and friends, spending time with her grandchildren and reading.

### SPECIALTY AREAS:

Spin  
Cardio

### CASS COUNTY FAMILY YMCA

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### YMCA Mission:

To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.