

Margo Dean is Tuscarawas County YMCA Volunteer of the Month

Eleven years ago, Margo Dean of Dover decided that she needed to add an aerobic workout to her exercise program.

Knowing nothing about it, she decided to try step aerobics at the YMCA. After one class, she was hooked and is still doing it, eleven years later. "It is my most favorite workout. I love it," said Dean. "Five years ago, I decided to volunteer as a fitness instructor in step and double

step." Dean taught double step every Friday, for two years.

Dean periodically teaches step and double step during the Saturday Cardio Mix classes. "The Tuscarawas County YMCA is so pleased with all the support of volunteers in our programs," said Brandi Hibbs, health and fitness director. "Without the gifts and talents of the community, the YMCA would never be as strong as it is today."



submitted photo
Margo Dean is a volunteer fitness instructor at the YMCA.