



CAMPANELLI YMCA

TIM REED

FITNESS INSTRUCTOR



I have to start by saying the YMCA came into my life because I was in need of improving my swimming. I attempted to do a Sprint distance Triathlon and found I was not able to swim a 400 meter distance without struggle. I joined the Masters Swim Club and in a short time I was able to improve my technique and swim between 2500 and 3000 yards a week. This is just a small example of what the Y offers to its members. As I continued my membership I discovered the group exercise class called spinning. I found this was a great opportunity for me to keep my legs strong during the challenging Midwest winter months. Then the instructor decided to move on and there was no classes on Tuesday and Thursday.

It was at this point a life changing experience happened. Finding a replacement instructor was a long a difficult task. Weeks went by and the next thing I know I was asked if I had any interest in becoming an instructor. WOW! Who me? Here I am 16 years later still instructing spin. I have also worn many other hats during my career at the Y. Instructing Body Pump for over ten years, Personal Trainer, Building Supervisor and part time Maintenance.

One of the things that has been so great during my career at the Y is the changes I've seen not only in my life but in the lives of others throughout the years. There have been physical and mental changes. Some of the participants have become instructors. Many have become friends. We have participated in group bike rides, triathlons, bowling, dining out and just getting together to chat. One of the greatest things I've seen since I've been working at the Y is how much involvement they have in the community. We have great relationship with the schools in the community, providing after school care and the use of our swimming pool. We provide in house learning and daycare. We help with funding for those who cannot afford the services we offer.

It is a pleasure for me to work at a place that does so much for the people in the area. No matter how young or how old the Y welcomes you with services that you can't get just anywhere. From childcare to Silver Sneakers programs. There is always someone to help you obtain your fitness goals and encourage you to live a better life.