



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Carrie Hickle

I grew up around Fulton, IN and attended Caston Schools. I played little league baseball and was involved in basketball and track. As I grew up, I loved competing in sports and just being active outside. I graduated from IUK in 2000, and I became a teacher with Logansport Schools (Columbia Elementary rocks!) that fall. That same year I became a member of the Cass Co. YMCA, and I have been attending and/or teaching fitness classes ever since. It has just become a regular part of my life...something I go to 3-4 times a week. I think in addition to keeping me fit and healthy, it has generated good friends and expanded my options for other athletic activities. As a result, I have experienced some challenging obstacles and distance runs with some great friends I met at the Y, and I look forward to meeting more in the future.

I like to try new things and change my fitness routines...I love to see new faces in my class, talk with them, and learn what they are working toward. I think my main goal is to motivate a new face into becoming a "regular", because I love all my "regulars"....they are what keeps me motivated, inspired, and excited.

Fitness runs in my family. My husband Jarrod is a Y member and attends my classes often. I am a mother to 3 boys, Gavin and twins Garrison and Grant. We enjoy attending their football and basketball games. As a family, we love camping, horseback riding, swimming, fishing, and snowmobiling.



"The good Lord gave you a body that can stand most anything. It's your mind you have to convince."
—Vincent Lombardi

SPECIALTY AREAS:
High Intensity Interval Training
Core Training
TRX

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.