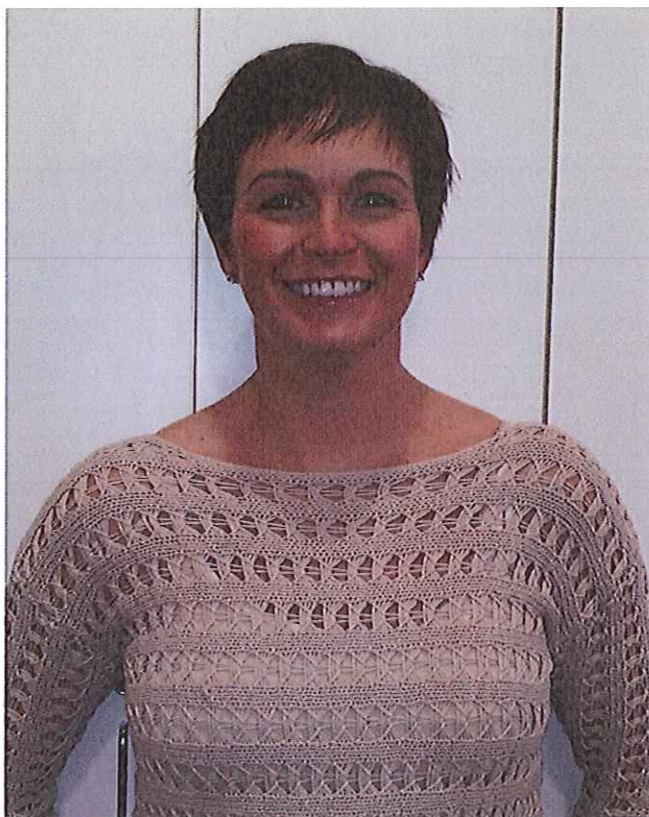




FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Lyndsey Rozzi

My name is Lyndsey Rozzi. I am a 1993 graduate of LHS, received my degree in Elementary Education from Indiana University in 1997, and will be receiving my associates in nursing from Ivy Tech in May. I have been married to my husband, Brad, for 14 years and we have four children: Sophia, Gianna, Emilia, and Louis. Physical fitness has always played a big part in my life. I began swimming competitively at 7 years of age and continued through high school. While I did not continue my competitive career after high school, I did continue to make physical fitness a part of my life in college and beyond. One of the biggest reasons I enjoy being a fitness instructor is watching people achieve their physical goals. Whether it is weight loss or being able to complete a class without stopping, it is fun to hear one of my fitness partners say, "I did it!"



There are a lot of people who tell me, "I could never take one of your classes, I'm not that in shape!" My response is always, "Yes you can! We were all beginners at SOME point!" I really try to stress to new comers in any class, boot camp or TRX, there are modifications that can be done to satisfy your own personal fitness level. What matters is that you push yourself to be better each and every time you work out. Make it count!

The Y has something for everyone. Whether it is walking, swimming, aerobics, or weights, winter, summer, spring, or fall, rain, snow, hot or cold, a physically fit lifestyle can be had at the Y. You don't need to be an elite athlete, but I promise you that once you get a taste of how good getting fit feels you'll want to continue and bring your friends and family on the journey with you. "Commit to be fit!"

SPECIALTY AREAS:

TRX

High Intensity Interval Training

Core

CASS COUNTY FAMILY YMCA

905 East Broadway, Logansport, Indiana 46947

P 574-753-5141 F 574-735-2905

www.casscountyyymca.org



YMCA Mission:

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