



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Shelly Crozier

You could say teaching fitness classes at the YMCA runs in my blood. I'm a third generation instructor at the Logansport YMCA and probably got my inspiration from watching my mother teach class. I grew up in Logansport and spent many evenings at the YMCA. The Y has been a positive influence in my life. I graduated from Logansport High School in 1991. I was a state qualifier in diving and gymnastics and I was an LHS cheerleader. After high school, I attended Ball State University. I graduated from Ball State in 1996 with a Bachelor of Science in Elementary Education. I was hired in the summer of 1996 to teach at Franklin Elementary and love it.

I met my husband at Ball State. He played baseball at BSU and we have always been a sports loving family. I have an 8th grade son, Casey and a 5th grade daughter, Chloe. They are both heavily involved in sports and fitness.



My passion for teaching carried over when I attended BSU. I started teaching classes at Ball State and loved both the fitness aspect and helping individuals live a healthier life. I love the members of the Y and the way we keep each other motivated. Anyone can come to class and adjust it to their level. It's about remembering why you started and not quitting! I like to think that the men and women that come to my classes leave thinking.....Because of you.....

SPECIALTY AREAS:

TRX

High Intensity Interval Training

Boot Camp

Pilates/ Yoga

Kettlebells

Spinning

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.