



GOOD NEWS

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

A newsletter for our Y Members & Friends
PORTAGE TOWNSHIP YMCA

Staff Spotlight



Annette Santana

I've been working at the YMCA almost 6 years where I started as a Zumba Instructor, which I love. I then proceeded to become a Group Fitness Instructor, also working in the Wellness Department. My first years as a Zumba instructor I was able to share with my students the love of music and the Love of Dance, which turned their cardio workouts into fun! As a Wellness Coach, I was able to instruct new members how to use the equipment in Cardio & Cybex. My group fitness classes have been a benefit to me, but more to the students which have grown educationally regarding learning about their bodies and how important exercise is. As in our mission statement, Programs that build Healthy Spirit, Mind, and Body for All. In 2017, I became a certified SilverSneakers instructor. This has become a joy to me. SilverSneakers is a class to help seniors with their balance, agility, and strength. SilverSneakers uses a variety of equipment including gliders, weights, bands, and balls. If you're new to the Y and have not been to a group fitness class, stop by check one or two out! If we at the Y can make a difference in someone's life, I'm all for it. Being Fit for Life!



Danielle Paetsch

I am a MOM of two beautiful girls, Makenzie and Kayleigh, who are the light of my life! I am married to Kevin, an amazing man, husband, father, soul mate and best friend. I am blessed to have a very supportive and encouraging family! Fitness has always played a vital role in my life. I have

always had a passion for fitness. After a great work out, you just have a great sense of accomplishment and you are ready to cease the day ahead. You just feel GREAT! I have been a member of the team at the Portage YMCA since 2016. I started small, subbing for classes from time to time. I then took over an early morning boot camp class and the rest is history. I began to form instant connections with members at the Portage YMCA, and many of these connections have developed into lasting relationships. I have taken many strides in my fitness career by becoming a certified personal trainer, group fitness instructor, nutrition coach, SilverSneakers® cardio fit certified, physique and figure-training specialist and currently, speed, agility, and quickness. As much as I have changed, and impacted members lives, they have also inspired, motivated, and pushed me to do better and be better. In January of 2018, I opened Fierce Fitness Nutrition along with starting new programs for youth athletes and an elite fitness program to take fitness to the next level. I have worked hard and fought to get where I am today. In 2010 tragedy struck and I began to lose hope that I may never have a normal quality of life, let alone step foot into a gym again. Then, about 4 years ago, I began treatment for Obstructive Lung Disease. Although I fear that this disease is NOT finished rearing it's ugly head, I am thrilled to be back in the gym doing what I am passionate about am excited to have the chance to inspire, motivate, impact, and help others! I will continue to fight my own battle & hopefully help others fight theirs as we can walk together in our own fight!!

TOTAL KNOCKOUT TRIVIA
FRI 6TH APRIL
Prizes & Cash Raffles
Dinner @ 6:00pm
Trivia @ 7:30pm