



BE THE CHANGE!



*Meet Courtney Reisler –
Certified Personal Fitness Trainer
Deep Water Works Instructor*

How has the Y been part of your change?

The Y has been a factor for me for many reasons. It's been a main "resource". Not only physically but mentally. From my kids being in the babysitting room, playing basketball, taking gymnastics, taking swimming lessons, going to pre-school, to the classes I've taught, to the people I've met and the relationships that I have formed. It's a community spot that draws all types of people, for all types of reasons and that encourages me, to encourage others.

Tell us about yourself:

I am mother of 3, wife, member of the Grace Bible Chapel Church. I am originally from Colorado but have lived in Rising Sun for 12 years.

At the Y I teach Deep Water Works, I am a Certified Aquatic Instructor, Certified Personal Trainer and Certified Sports Nutritionist.

What has changed for you?

18 months ago I came to a point where I was unhappy with the way I felt and looked. Although I was exercising I was not satisfied with the state of my physical and mental wellbeing. I tried so many different diets – if you can name it I've done it. Through my health insurance I decided to go to a Certified Dietitian with a Master's Degree in Nutrition. After an extensive blood work up to evaluate my hormone levels (which were also not in good order) I was able to see how to improve my metabolism. I've learned what I need to eat for my body to lose weight in a healthy manner while building and sustaining muscle. I found that I had to eat better to lose weight. I want to be an example for my children—to be around for them. I want to be encouraging for my students, answer their questions and help them work on their issues. Having the knowledge and resources to share with others on healthy eating and fitness motivates me. When my students say to me: "I've noticed that I can do this easier or I see a difference in me" is the biggest reward.

What is different for you now?

18 months later I feel better than I have in several years. This summer at my nephew's wedding I wore a strapless dress. I felt confident – it was fun to go shopping for a fancy summer strapless dress. For me it is about being healthy; I wanted to feel better physically and mentally. I am aware of portions, eating the correct food groups and meeting with my nutritionist. I am not obsessed with numbers or sizes. Stop by the pool and check out Courtney's class—MWF 9:15-10:15am Deep Water Works!

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Share your positive
change story!
Contact Janet Nelson
jnelson@ymcacecil.org



Benefits of Membership

Take advantage of your benefits!

Enroll in free babysitting for your children while you remain in the building.

Jump in the Bounce Center!

Drive the Go-Karts!

Splash in the Splash Park

Activate your free session of Smart Start—fill out the Smart Start card at the front desk and one of our Certified Personal Trainers will contact you to set up your free fitness orientation. A great way for you to become familiar with our cardio and circuit equipment. This is also an excellent opportunity to have some of your health and wellness questions answered by our expert staff.

Refer a friend to join and receive one month free membership. Current member's name must be mentioned at the point of sale for the new member!

Update your contact information with us (including email by 10/15/12) and be entered in a drawing for your choice of a Y shirt, free one-month membership credit, 7-week swim lesson or 7-week group exercise class!

Take a class in our group exercise classes or swim lessons.

Fall II

October 29—December 15, 2012

Winter 1

January 2, 2013—February 16, 2013

Plan Your Next Party at the Y!

Bounce Center Party

Go-Kart Party

Pool Party

Arts & Crafts Party

Dance/Tumbling Party

Sports & Games Party

Pavilion Rentals

Perryville Cifaldo Center



The member pricing is for the birthday person or the person making the payment. All parties require payment in full.

Fridays: 7pm-9pm

Saturdays:

Sundays:

1:00-3:00pm

11:00am-1:00pm

3:30-5:30pm

1:30-3:30pm

6:00-8:00pm

4:00-6:00pm

Party Fees: Y Member = \$125,

NM = \$175, Up to 10 add'l guests = \$50

