

Steve Found His Place at the Y

Before Steve joined group exercise classes, he wasn't sure he'd fit in. The exercises were unfamiliar, and some classes felt intimidating. As someone with a disability who needs to sit and modify often, Steve wondered, "What if I feel out of place?"

From day one, Steve was welcomed like he already belonged. As if he had been a regular all along.

Steve dove right into classes. He competed in challenges, laughed through games, and proudly collected prizes, including a free month towards his membership. Along the way, he discovered some surprises. Boot Camp had the best playlist, he likes playing with the training straps in TRX, and Zumba is the hardest class of all.

Steve modifies the exercises to fit his comfort level. He sits down for breaks and even invented his own move called the "seated inverted mountain climber." And through it all, he shows up. Sometimes loud, always determined, and fully himself.

Steve wasn't chasing perfection. He was looking for a place to belong and at the Y, he found it.

"I belong at the Y," Steve says. "And so do you."