

Jill's Volunteer Story

Jill Jansen is no stranger to the Y. She's been a steady presence through both work and volunteering. Once part of the Membership and Wellness team, Jill returned after retirement not out of obligation, but out of deep gratitude. "The Y has been my rock in some very difficult times," she says. "It just felt right to follow up my retirement with volunteering."

Jill currently leads the Pedaling for Parkinson's class and supports Forever Fitness. "We have a small group of individuals that are dedicated to staying as active as they can while mitigating some of the symptoms of the disease," she shares. "Honestly, we welcome anyone looking for a steady state cycle class."

Pedaling for Parkinson's is a supportive, low impact cycling class designed especially for individuals living with Parkinson's disease, as well as those managing chronic conditions or recovering from injury. Guided by steady rhythm and community encouragement, participants build strength, improve mobility, and maintain independence. For those navigating Parkinson's, the simple act of pedaling can be transformative, helping to ease symptoms, boost mood, and create a sense of belonging.

For participants, the benefits are physical and emotional. "This disease shrinks their ability to connect with others as it progresses," Jill says. "If I can help delay that in any way, I'm in." Her presence extends beyond the cycle studio. She fosters connection, sparks laughter, and creates a bridge between programs, strengthening our Y community with every class.

Her approach is simple and powerful: "See a need, fill a need." When an instructor was sidelined by knee surgery, Jill stepped in without hesitation. When the Parkinson's class needed a post-pandemic restart, she answered the call.

Jill's impact is mutual. "It has been just as good for me as it is for the participants," she reflects. "Sometimes you have to get out of your comfort zone and do something new to find your new way to be of service."

Jill shows us what it means to lead with heart, serve with humility, and lift others through connection. "I always feel better when I have been at the Y," she says.