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THERE'S A Y IN EVERY FAMILY

Kayla and Brenda's story EAU CLAIRE YMCA

At the Eau Claire YMCA, not only do we encourage individuals to start their health journey, but we encourage family members to get involved as well. For LFC staff and group exercise instructor Kayla Dubiel and her grandmother Brenda LaMarche, it only seemed fitting that the two get involved at the Y together.

Kayla recently started working at the YMCA, and when she would talk on the phone with her grandma, she would always talk about her work day. Brenda came to the Y when she was younger, but because of a job switch eight years ago, it was almost impossible to have time to come to group exercise classes anymore. Since Kayla now always has stories to share about her day at the Y, it inspired Brenda to rejoin and start attending classes again.

"One day she called me all excited," Kayla said. "Because of all the stories I shared, it made her want to come back and join. Now I am the one getting all the phone calls and stories about her time at the Y."

Brenda said that while she was away from the Y, she would try other fitness clubs closer to her home, but nothing compared to the Y's fitness classes. After Kayla got her job, Brenda said it made her realize that it's time to focus on a healthier lifestyle. Since Kayla is an instructor for some group fitness classes, Brenda said she's anxious to go to Kayla's classes and to get back on track again.

For Kayla, she said she's just excited to spend more time with her grandmother.

"It is so nice to be able to share this experience with her," Kayla said. "Now instead of talking about how our days are going, we are making memories together."

