

New at the Y: Healthy living director and fitness programs

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MARCO ISLAND, Florida - New at the Y: Healthy living director and fitness programs

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The Greater Marco Family YMCA is focusing on "new" this month. New Healthy Living Director Deborah Passero is introducing new fitness programs to address the needs of YMCA members and community participants.

Passero assumed her new position in September, but was already well known to the YMCA fitness community as a part-time fitness, cycle and WholyFit exercise instructor.

With a passion for educating the public about fitness, Passero has already introduced new programs like a Thursday, 4:30 p.m., after school Kids Zumba class for ages 7 –14, a Tuesday, 6:15 p.m. and Saturday 8 a.m., Family Zumba class for individuals or families from ages 10 and up, and a popular Tuesday and Thursday 12:15 –12:45 p.m., Lunch Crunch exercise class.

The new schedule also includes a Tuesday and Thursday, 7 a.m. WholyFit Devotional Exercise class that includes stretching and relaxation instruction.



"My roommate in college taught exercise classes, so I became interested in it then," said Passero, who earned a degree in Supervision and Management at Purdue University before moving to Michigan where she earned a degree in Kinesiology and Cardiac Rehabilitation from Michigan State University. "I took her class and then went on to earn my IDEA certification, so I could teach exercise classes."

In 2003, Passero began her fitness career as the Fitness Center Director of the Westside Community YMCA in Lansing, MI. After seven years in Lansing, she became the Health and Wellness Specialist and Personal Trainer of the Lowell YMCA, part of the YMCA of Greater Grand Rapids, MI.

"Everyone can get involved in our programs," said Passero, who has an open-door policy to make herself available to YMCA members. "I like to say ... all generations, all fitness levels and all faiths are welcome here."

All classes are free for YMCA members and do not require reservations. Community members are welcome to attend with the purchase of a day pass.

Information, call 239-394-3144; or visit the YMCA Membership Desk, 101 Sand Hill Street, Marco Island.

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