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-Tracey Day

March is National Women's History Month!

HERE'S TO WOMEN'S ACHIEVEMENTS THROUGHOUT HISTORY- AND SOME LONGSTANDING GROUP FITNESS EMPLOYEES HERE AT THE WORKS!

Tracey Day

When I turned 30, I discovered group exercise. I was painfully shy, but I had a passion for aerobics. I took a certification and thought I was ready to teach. I quickly learned that I was missing a very important piece. Connecting with the class. I was hired at The Works to teach aqua aerobics, and I was less than good. Luckily for me, the members kept coming back. One night I had them use noodles like they were rowing a boat. They started singing "Row, row, row your boat" and the connection was made. For my next class I came with a playlist of songs everyone could sing. It was a huge success! I have had a lot of jobs over the years, but I have never stopped teaching. I often tell my classes that they are the reason I have never needed therapy. ***They humble me, make me laugh, enjoy my sense of humor and keep coming back.*** I love that they become part of The Works family. They care about each other, hold each other accountable and worry if someone is missing during class. I have taught in many venues and clubs, but nothing compares to teaching at The Works. ***Truly teaching here has changed my life, and has been one of the greatest gifts I have ever had. I have made lasting friendships, mourned at losses, and celebrated accomplishments. It still amazes me to know I get paid to do what I do. It's only a bonus. I get so much more from my classes than I could ever give. Aside from my family, I can't imagine anything else that means more to me.***