



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Stacy Rans

Stacy was born in Kansas but moved to Indiana in 1987 and graduated from Logansport High School in 1992. She attended Butler University for two years before transferring to IUPUI where she obtained a Bachelor's degree in Social Work in 1997 and a Master's Degree in Social Work in 1998. Stacy became a Licensed Clinical Social Worker in April 2001. She has worked in the field of social work since that time in a variety of capacities including residential treatment, foster care, corrections and outpatient counseling. Stacy has always been "active" but in 2003 really re-committed herself to physical wellness and has maintained a regular fitness routine since that time...cardio, strength training, Yoga, etc. In 2010 Stacy began working as a substitute fitness instructor at the YMCA where she had been an active member for about two years and a regular attendee of the fitness classes that were offered. Initially Stacy "fell" in to teaching when the instructor of a class that she regularly attended needed a last minute substitute. At first she felt very intimidated but it gradually become something that she enjoyed, look forward to and felt passionate about....particularly the opportunity that it provided to share her passion for wellness with others. In 2011 she began teaching a regular class at the YMCA two days a week and she has continued to sub for other classes as well. Yoga is also an extremely significant part of Stacy's life. In 2009 she found her way back to yoga and in 2011 chose to participate in a 200hour Vinyasa Yoga Teacher Training program with Rolf Gates. In October 2012, Stacy completed the program and became a certified Vinyasa Yoga Teacher. Stacy is a substitute yoga teacher at the YMCA. Stacy is married to Kyle and they have two sons, Eli and Micah.

"What would you attempt to do if you knew you could not fail?" – Robert H. Schuller



SPECIALTY AREAS:

Yoga
Circuit Training
Core
Cardio

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YMCA Mission:
To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.