

Friendship and Fitness: SNC Staff and Faculty Workout Group

By: Gracelyn Giese

St. Norbert College often spreads the importance of living and learning within a community. While one may expect that these messages are targeted at students, one group of staff and faculty has created their own impactful community on campus.

KC Garania, Program Coordinator for the Honors Program, shared that in the Spring of 2023 a workout group was formed on campus. The members would meet during their lunch breaks. Garania shared that, initially, “the college funded classes with instructors from the YMCA,” and provided the group with a designated workout space. However, when funding was cut, the group lost their classes and room.

Nonetheless, the group persevered. Manager of Conference and Event Services Anna Haroldson, Lead Conference Coordinator Jordan Schuman, Event Manager Ellen Sedlar, Philosophy Professor Dr. Joel Mann, and Associate Professor of Psychology Dr. Raquel Lopez chose to continue meeting.

These events did not discourage the group, instead driving them to take matters into their own hands. “We brought our laptops and used our personal subscriptions to workout apps to lead our own classes,” Garania added. Recently, the group was able to secure a dedicated workout space once again: Room 1149 in the Mulva Family Fitness and Sports Center.

In addition to the college recognizing the necessity for the workout group to have their own space, a small amount of funding was reallocated back to the group. This allowed them to purchase some necessary equipment.

Reflecting on the importance of the group, Garania said, “Our gatherings have become not only a great way to stay physically active, but also a source of emotional support, especially during challenging times on campus. We’ve built friendships, encouraging one another through workouts and life’s difficulties. This experience has fostered a sense of community, highlighting the importance of supporting each other’s physical and emotional well-being.”