



Client Spotlight: *John D.*



Background: I was born in Lebanon, and moved to Florida when I was ten. I like fishing, hunting, barbequeing, and mudding. I was diagnosed with paraplegia after falling out of a tree (T5 – T12).

Why SIS? The workouts are intense, and the trainers and therapists know your needs. I also like that it is veteran-owned as I am a big advocate for veterans.

Fun Facts! I'm a pretty good handyman. I like helping people.



Wellness warriors

Awesome job to our clients that participated in our wellness challenge and were able to reach their goals over the past three months! Our health is

something that is often taken for granted, so it's good seeing people take initiative for a better well-being. The challenge might be over, but don't let that stop you from staying healthy and happy!



Troy J. Smith Ability Games JUNE 22ND

Are you ready for the Ability Games?

Join us for our annual event where clients and the community partner up to showcase their strength as athletes. This event will have client participants partnered up with able-bodied athletes as teams. They will perform CrossFit-inspired exercises such as shoulder press, wallball, sled-push, and push-ups.



As one of his most memorable projects with Stay In Step, The Ability Games will henceforth be known as The Troy J. Smith Ability Games in honor of Troy's passing.



CrossFit Warrior Eagle
2626 Cypress Ridge Blvd
Wesley Chapel, FL 33544



facebook.com/troyjsmithabilitygames



ARMA Global & Stay In Step



ARMA helps support complex programs within the Special Operations Forces, holding the needs of servicemen and the goals of the US government at its center. ARMA has played a massive part in the continued success of Stay In Step, hosting their annual fundraising event in downtown Tampa. Huge thank you to ARMA for supporting Stay In Step!



ARMA
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SUPPORT FOR THE WARRIOR

Staff Feature: Nick Bartkus

Background: *I was born in Dunedin, FL and grew up in New Port Richey. I attended Florida State University and graduated in 2017 with a BS in Exercise Physiology. After graduation, I wanted to get a job in the physical therapy field, and that is what led me here to Stay In Step.*

Why SIS? *I love the environment at Stay In Step, and the relationships that are formed between us and the clients.*

Fun Fact: *I recently traveled to the Dominican Republic a month ago and am now determined to become a competent Spanish speaker. To do this, Jose is teaching me a new Spanish word every day.*



**In Memory of Troy Smith
1983 - 2019**



While Troy is no longer with us, his legacy will live on at Stay In Step and with his friends and family across the country. Thank you, Troy, for sharing your passion with us.

UPCOMING EVENTS



JUNE 22 – Ability Games

JULY 4 – Facility CLOSED for Independence Day

SEPT 28 – Black & White Gala at The Renaissance
Tampa International Plaza

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