



CrossFit Iron Society

Opposing the bylaw

1 message

alecianperry

Wed, Jun 5, 2019 at 6:29 AM

To:

Dear City of Regina,

I am writing this email in opposition to the proposed bylaw that would prohibit fitness and recreation facilities from operating in industrial areas of the city.

I am an active member of CrossFit Iron Society, a CrossFit gym that operates in the industrial zone of Regina. I joined in November 2018 and the impact of this facility on my health and well-being has been life changing. Before I joined Iron Society I was a member of Crossfit Regina (since 2015). Being a part of these kinds of gyms has given me confidence and strength that I wouldn't have ever had. I tried the other gyms in town in the places that crossfit gyms would be forced to establish themselves in. The lack of music, ability to drop weights and low hanging ceilings did nothing to motivate me. I felt almost claustrophobic. Forcing not just crossfit gyms, but gymnastics gyms and climbing gyms and other fitness groups to conform to this bylaw would have very drastic and negative effects.

As a single mother, crossfit has given me the chance to remain healthy and strong for my 2 and a half year old. Something I wouldn't have been able to afford otherwise. Forcing us to move will increase membership fees. I know for myself I would not be able to continue going if our fees go up and i know i am not alone in that boat. I would have to give up something that not only brings me joy but my son as well. He loves coming to the gym with me. He has even started coming out and doing parts of the workout with me. At 2 and a half he already sees the importance of an active lifestyle.

Making facilities unable to open in industrial areas won't just impact myself. It would be impacting an entire generation of kids. So many families are currently able to enrol their children in activities such as gymnastics because of the lower membership fees the industrial area allows. This bylaw will take that away. Low-moderate income families will be forced to take their children out of activities because they simply won't be able to afford it. That in itself should be enough reason to not pass this bylaw. We need to be giving the next generation every possible chance to live an active and healthy lifestyle.

I am still in complete shock at how this bylaw came in to place as it does nothing to benefit the people or our children. It seems like a step backwards in a world where we need to be encouraging healthy living and providing people with places to build their strength and confidence.

On behalf of myself and all the families that have been profoundly impacted by CrossFit Iron Society and other similar facilities, I ask that you reconsider the proposed bylaw change.

Sent from my Samsung Galaxy smartphone.