

## Community Inclusion in Motion

By Nicole Doucette

A group of individuals supported by BACI took their weekly trip to the Bonsor Recreation Complex next to Metrotown for some fun, inclusive exercise.

Regulars Trina and Donna met up with newcomers Paul and Thomas for an hour-long Zumba class, along with almost 50 other people from the Burnaby community. Zumba is a fitness class that combines many different dance types, such as salsa, cha-cha and hip-hop, and helps improve muscle tone and cardio.

Donna and Trina were eager to see their friend Sandra, who is the energetic instructor for the course. Sandra knew them both by name and was very supportive of their involvement. She enthusiastically gave Trina her home phone number and email after class and encouraged her to connect later. Sandra was also excited to meet first-time



Zumba-ers Paul and Thomas. There are other regulars that participate in the class who recognize Donna and Trina and have connected with them in past classes.



Once the class started, Trina found her usual spot in the front next to the mirror, and demonstrated her experience by keeping up with the moves and hollering to Sandra between songs, "It's too easy!"

Thomas, Donna and Paul found spots in the middle of the class and Paul proved adept at quickly picking up the steps. Donna happily sang along to the songs she had memorized, and Thomas made the moves his own.



The fun afternoon seems like a typical one, but it expresses a greater goal for BACI and society, which is genuine inclusion for people with disabilities. Often the exercise classes that individuals from BACI participate in are specially adapted for people with disabilities. This class, however, was a regular class and allowed people of all ages and abilities to come together, connect, and have fun!

The friendships the group has made with fellow community members and staff at Bonsor demonstrates the positive results of community inclusion. At the end of the class, everyone was invited to come back Thursday to participate in a flash mob at a local block party, exemplifying how one connection can lead to new opportunities and expanding networks. Community inclusion sure looks like fun!



Check out [this video](#) to see them in action!