

November 2020

Western SPRINGS LIVING

A Social Publication for the Residents of Western Springs



meet your neighbors

FEATURING
ALEX RIMMELE
OF GRIT AND GRACE YOGA

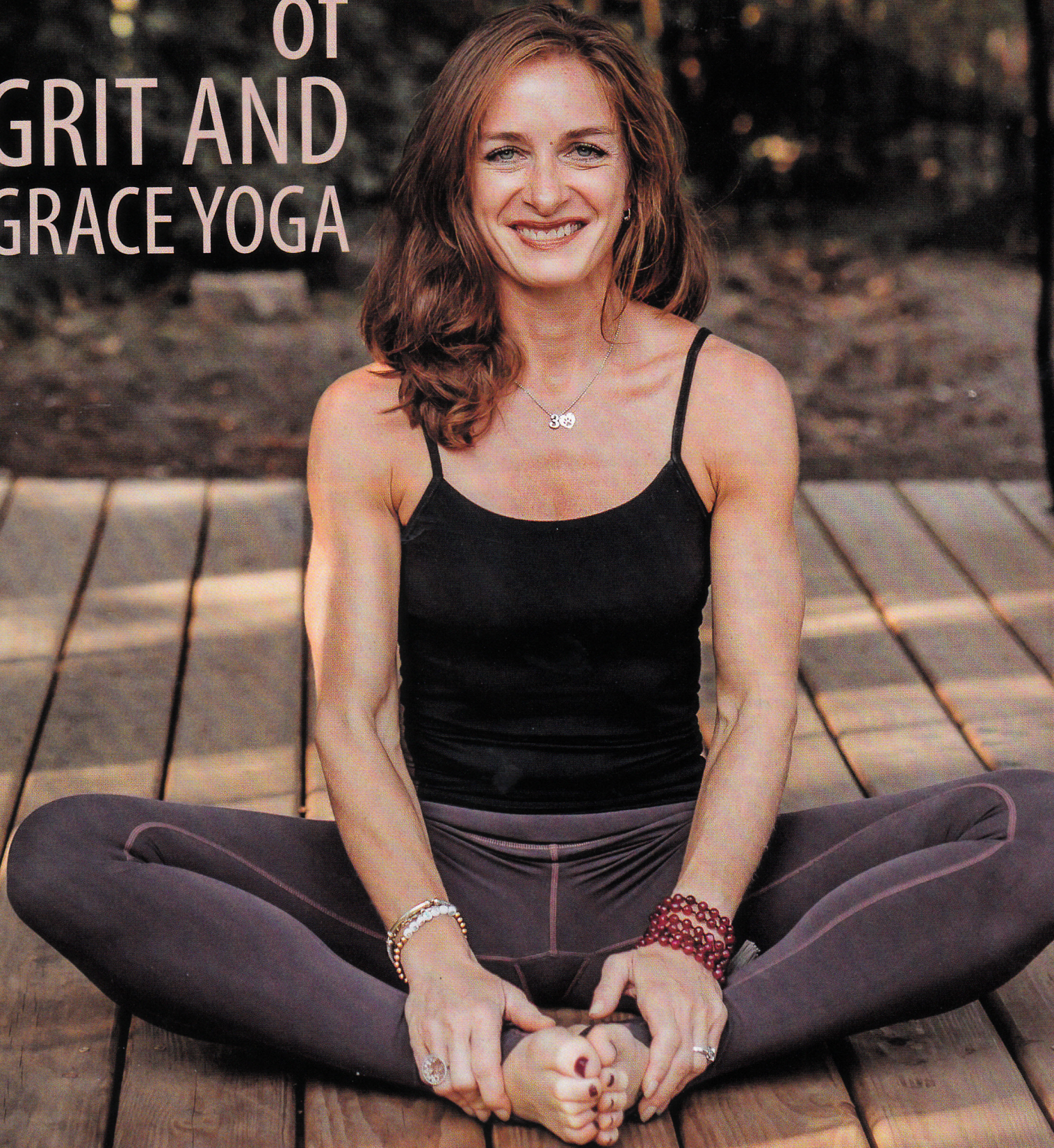
Professional photo courtesy of
Summer Brader Photography

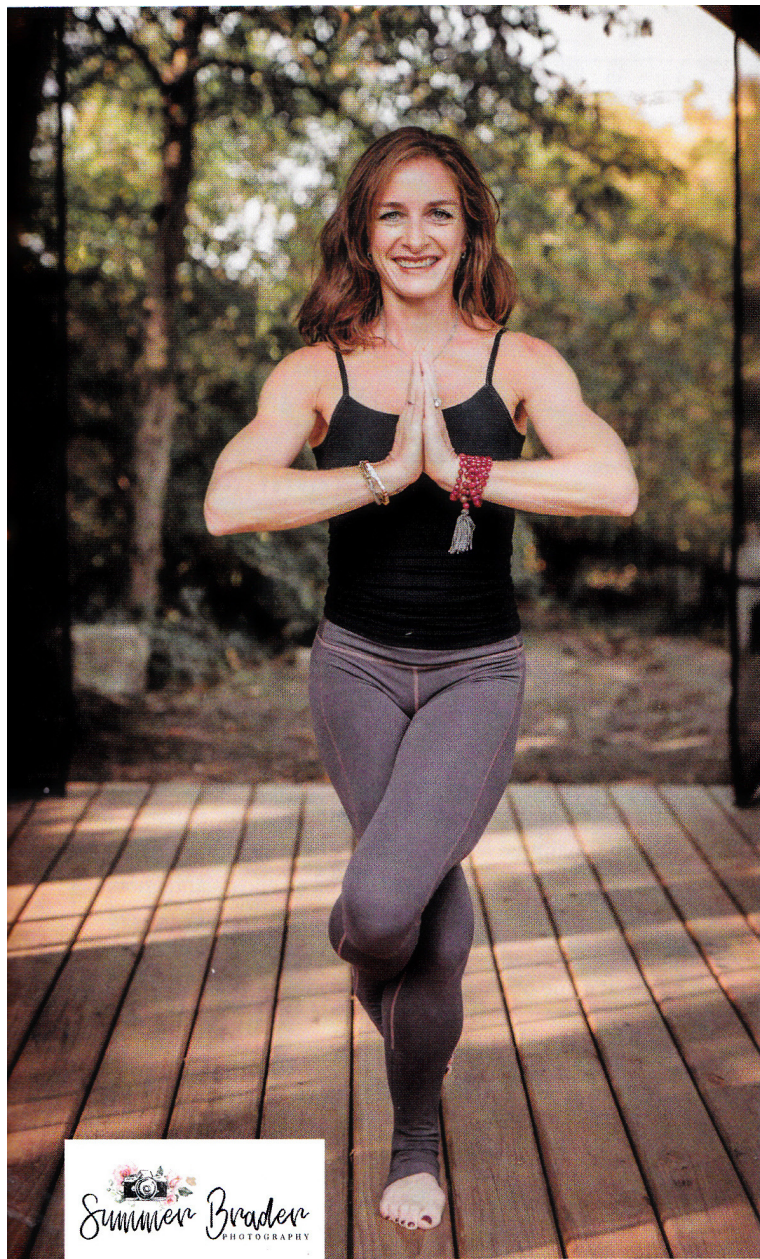
YOUR STORIES. YOUR PHOTOS. YOUR COMMUNITY.

GET TO KNOW

ALEX RIMMELE

of
GRIT AND
GRACE YOGA





meet your neighbors

Professional photos courtesy of **Summer Brader Photography**

Family Favorites

Activities/Hobbies: Riding bikes through Bemis Woods

Restaurants: Hillgrove Tap and Cafe Salsa

Vacation Destination: Greece

Sports Teams: Does Golf count as a sports team?!

TV Show/Movie: The History Channel's *Alone*

Music: Anything '80s!

Family Dinner: Salmon, burgers, and spaghetti with meat sauce

Way to unwind/relax: Chillin' around our fire pit!

Did you grow up in this area? If not, what spurred your move?

I grew up in Glenview, John grew up in Western Springs. Guess who won?

What college/university did you attend? Loyola University for undergrad, Roosevelt University for graduate school.

How long have you lived in the community? What drew you to the area? In what ways are you involved?

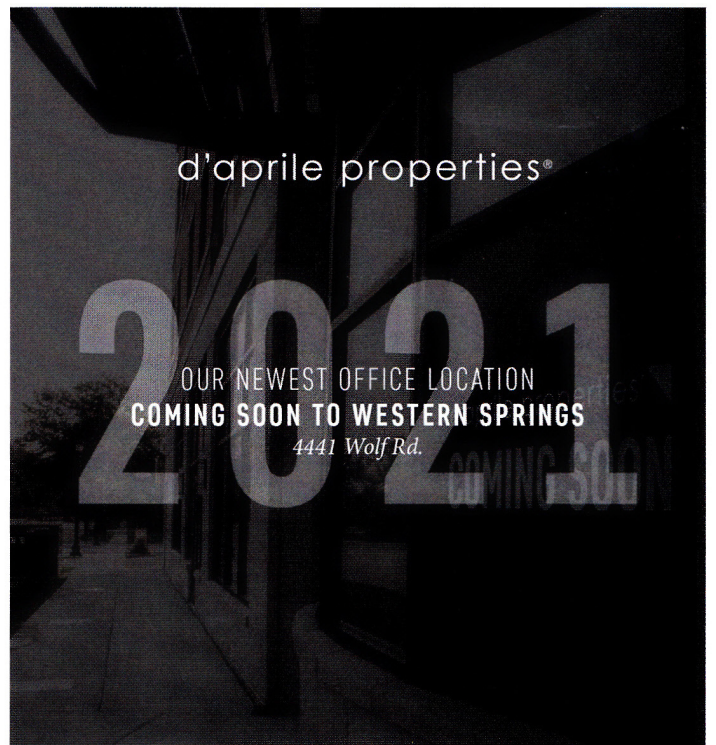
We have lived in Western Springs for 23 years, and we are proud to have raised our three boys, Daniel (18) Michael (17), Matthew (12) here. We also have a dog named Bizzy who is 2 years old. We truly couldn't imagine raising our family any place else. We can walk anywhere; I can teach right in my backyard and we are surrounded by friends and family. What else could someone ask for?

What is your favorite part about living in Western Springs?

I love the fact that I get to teach and practice yoga/fitness with this community. I am passionate about health and fitness, and if you don't take care of your body, where will you live? By taking care of ourselves we can in turn, take care of our loved ones and this amazing community we get to live in. That's why I created my virtual fitness platform Grit and Grace Yoga.

The Grit and Grace Yoga platform creates a different type of virtual connection. While incorporating yoga, dance, sculpt, and high intensity workouts, the programs created establish a trust and rapport with our clients. I in turn do the entire sequence with my clients, and guide them through each exercise with specific alignment tips and breathing cues. In addition, I now offer live outdoor classes Saturdays, Sundays, Tuesdays, Wednesdays and Thursdays, with Zoom live classes coming on Fridays. There is no excuse not to workout with me!

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Fall Schedule:

Saturdays

Time: 8:00-9:00am

Class: Yoga Sculpt

Location: Adventist Academy, 631 E. Hickory, Hinsdale

Sundays

Time: 8:00-9:00am

Class: Yoga Sculpt

Location: Adventist Academy, 631 E. Hickory, Hinsdale

Tuesdays

Time: 9:00-10:00am

Class: HIIT/Interval Training

Location: Western Springs Recreation Center, 1500 Walker St., Western Springs

Wednesdays

Time: 8:30-9:30am

Class: Yoga Sculpt

Location: Rimmel Residence, 3942 Western Ave, Western Springs

Fridays

Time: 9:00-10:00am

Class: Yoga Sculpt

Location: Western Springs Recreation Center, 1500 Walker St., Western Springs

Do you have any unique family traditions?

Since the boys don't have a traditional 'gym class' these days, I've created a COVID-inspired Tabata Routine for my boys. Al-



though they were super hesitant at first, it's become our favorite time to work out and laugh together. Maybe I'll share it on Grit and Grace!

Any favorite family memories, or funny things that have happened to your family?

I'm dating myself on this one, but years ago we were known as the Halloween junkies in town! Year after year, our family's garage was transformed into the 'Rimmel Haunted Garage,' our very own Western Springs haunted house! It was run by my husband and his brothers (and even my kids participated as ghosts and ghouls in it). We accepted donations only and proceeds went to breast cancer research. One day, maybe when I have grandkids, I'd love to do it again- it's one of our favorite family traditions.

Schedule subject to change. Please visit www.GritandGraceYoga.com for the most up-to-date live and virtual schedule. Thanks!



Know someone in your community making a positive impact? Email westernspringsliving@gmail.com to feature a neighbor or family.



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