

Karen Smith

I joined the fitness center in January 2012. I had not worked out in a gym in about five years along with also being one year postpartum. Walking into a gym at that point in my life, I felt pretty lost & intimidated amongst all the different gym equipment to choose from. Not sure of where to start & being a former runner I found myself always going straight to the treadmill running for an hour before leaving. Although cardio is great & I really enjoy running it was not giving me the changes in my body I was looking for. **Thanks to one of the many knowledgeable & friendly trainers at the fitness center he encouraged me to step out of my comfort zone to begin training/weight lifting with him. I am so thankful that I took it that one step further allowing him to mentor me on my fitness journey.** The ways that my body was challenged/pushed I would of never done on my own. I am forever grateful for all that I learned & am able to now apply to my workouts today. I feel extremely lucky to have a gym of this sort in our small town that is so close to home which also offers childcare while I workout! I really can not say enough about the wonderful staff that takes care of my girls! **The Kidz Zone is absolutely amazing, affordable & best of all my two girls LOVE it!!** The professional staff is more than accommodating, always doing fun crafts with the girls while also giving them a safe environment to play in while I work out. **It is so nice to be able to focus on my workouts & not have to worry about my girls being taken care of!**

**I could not encourage you more to let the fitness center help make 2016 Your Year to become a Healthier & Fitter YOU!**



**“More Important than weight & inches is being a Good Role Model for Health & Fitness for my 2 Girls”**