

Melyssa Gustafson

I started my journey at Genoa Fitness Center by joining shortly after having my third son. I, of course, had to lose the baby weight and needed to make the commitment to myself. After the first couple months, Kristi persuaded me to make the extra commitment by joining the Meltdown. I made a calendar of my workout routine with the trainers and Holly. It has helped me tremendously to stay motivated, challenge myself, lose some inches and pounds, and feel better about myself as a mom of 3. Not only do I enjoy going to the GFC to stay fit, I also love the staff and especially the Kidz Zone care providers. My boys love playing there and also feel safe with Heather and Kelly, two of our favorites. I appreciate the opportunity to have a program so close to home that I can utilize, even with children.

I highly recommend the GFC to local friends and family!

Sincerely,
Melyssa Gustafson



Down 15 Inches to date & NOT done yet!