

April

MEMBER OF THE MONTH

Shelle

What activities do you enjoy outside of the Fitness Center?

I love taking my dogs to the Minnehaha dog park. In addition, I love to read, listen to music, and game.



What are your fitness goals for the next 6-12 months?

Continue getting to the gym...I should have built a habit by the time my daughter doesn't have early morning practices. 😊

Finish this sentence: My definition of health and fitness is.....

eating less than what I burn in a day, getting in my daily 10,000 steps, eating better foods for my body's fuel, making sure to take care of mental health in addition to physical health.

PIVOT
FITNESS