



1500 First St. Downtown Napa 226-1842 [www.exertec.com](http://www.exertec.com)

## Exertec's Member of the Month ... Jo Banvard

My name is Jo Banvard, and I am a retired research chemist. I worked for 26 years as a pesticide residue chemist at UC Davis in the Department of Environmental Toxicology. I moved to Napa 4 years ago when my husband Eric Banvard got a job at Napa County. Under the Napa County Wellness program we were able to join Exertec. I started by coming to the evening AquaLogix classes when I was working half-time. When I retired fully, I started training with Terry Martin. He showed me all sorts of workouts and helped me become familiar with the fitness

equipment. I went to several different classes - Yoga, Circuit, and Aqua. After a talk with my orthopedist about my sore knee, I knew I had to lose weight and exercise more if I wanted to reach my goal of being a fit, retired senior!

This January, I started training with Amanda Tronstad. We set up a fitness calendar, with specific goals, and began meeting every other week for evaluation and progressions. I had already started an eating plan based on slow, steady weight loss. I have lost 49 lbs in 56 weeks, and my workout schedule keeps me

on track. Amanda listens to my needs and encourages me every step of the way. I get motivated by my instructors Janine, Tanya, Suzy and especially seeing all my fitness friends! I am not in this alone. At Exertec, I can always count on a smile and greeting from all my workout buddies and the Exertec staff.

Because of my new found fitness confidence, and less weight on my joints, I was able to organize and complete a 5K walk and have signed up for a 6K benefit walk in September. I plan to continue working with Amanda, trying out new classes, and enjoy feeling fit.

## Holiday Hours

On Christmas Eve the Club will close at 3:00 pm. The last class of the day will be at 12:15pm. Child care will be open for the morning session only.

Christmas Day we are closed.

On New Years Eve we will close at 5:00 pm. The last classes of the day will be at 12:15pm. Child Care will be open for the morning session only.

New Year's Day we will be open from 8:00 am to 5:00 pm. Child Care will be closed.

## Give The Gift of Health



Still looking for the perfect gift for a friend or loved one?

For the month of Dec. when you purchase 5 or more

sessions of Personal Training as a gift, you will receive one free session for yourself. Stop by the Personal Training office for more information. Have

you checked out our Personal Training staff online? Now you can log on at [www.exertec.com](http://www.exertec.com) and read the bios of all our Personal Trainers."