



## Exertec's Member of the Month ... Sara Featherstone

I have been working out consistently at Exertec since January 1, 2010. I know it sounds cliché but I wanted to start the new year off right! I wanted to be more fit, strong, have more energy, and of course fit into my clothes better! I began working out 5 times a week starting that day, and have stuck to it.

Reaching goals: Sometimes it's not always easy finding time for myself with 2 kids involved in school and sports. I have to be flexible and sometimes creative to find the time to squeeze it in; but it can be done! I have been able to reach my weight loss goals by showing up to work out! I am holding myself accountable and part of that is being committed to putting my time in at the gym. It hasn't been easy, actually at first it was really hard, but I

pushed through the pain and focused on where I wanted to be. Not only has it gotten easier, it is now enjoyable! So far I have lost 30 lbs. and am feeling so much better in my own skin.

How did I accomplish that-support?

The biggest motivator during my fitness quest has been Lauren and Turbo kick. I took that class 3-4 times a week. I love it! Lauren's high energy motivates me to do more; I have to keep up with her! I love the music in that class as well as the moves. I am able to let out the pent up aggravation from the day by kicking and punching...and yelling! The choreography, keeps my mind busy and it is a fantastic solid hour of cardio that is FUN! I remember my first class, I was in the back, and though I have

dance experience, it was still challenging to get all the steps and do them with purpose. I felt like I was never going to get it! But after going a few times, it became more and more comfortable. Now I'm up in the front of class and love every minute of it. I am really sad that Lauren had to go in August. The next instructor has some very big shoes to fill!

Future plans:

My future fitness plans include keeping up with my workout routine. I want to make sure that this is a lifestyle change, not a quick fix. I also would love to be able to run, as I never have been fit enough to do so. So at the moment I am working on that. Besides that I plan on continuing to increase my cardio and muscle strength while hopefully losing some more lb's along the way.

## Group Fitness Updates ... by Linda Orndorf

**BASIC TRAINING** will replace our outdoor boot camp on Friday afternoons. Class will be held in the Group X Studio @ 5:30pm, with your current instructors Jackie and Onna. Basic Training, while similar to Boot Camp in nature, will have a different format. This format will maintain the high level of intensity & physical challenge that you experience in Boot Camp, and at the same time it is easy to follow and easy to modify. Do

not be intimidated by the name "Basic Training". The class is designed for all levels of fitness to workout together. You can expect the class to include props such as medicine balls, weighted bars, gliding discs, and dumbbells.

**6:00 PM Thursday evening Spin** will move to 6:15pm, and become a Cycle Express with Jeff.