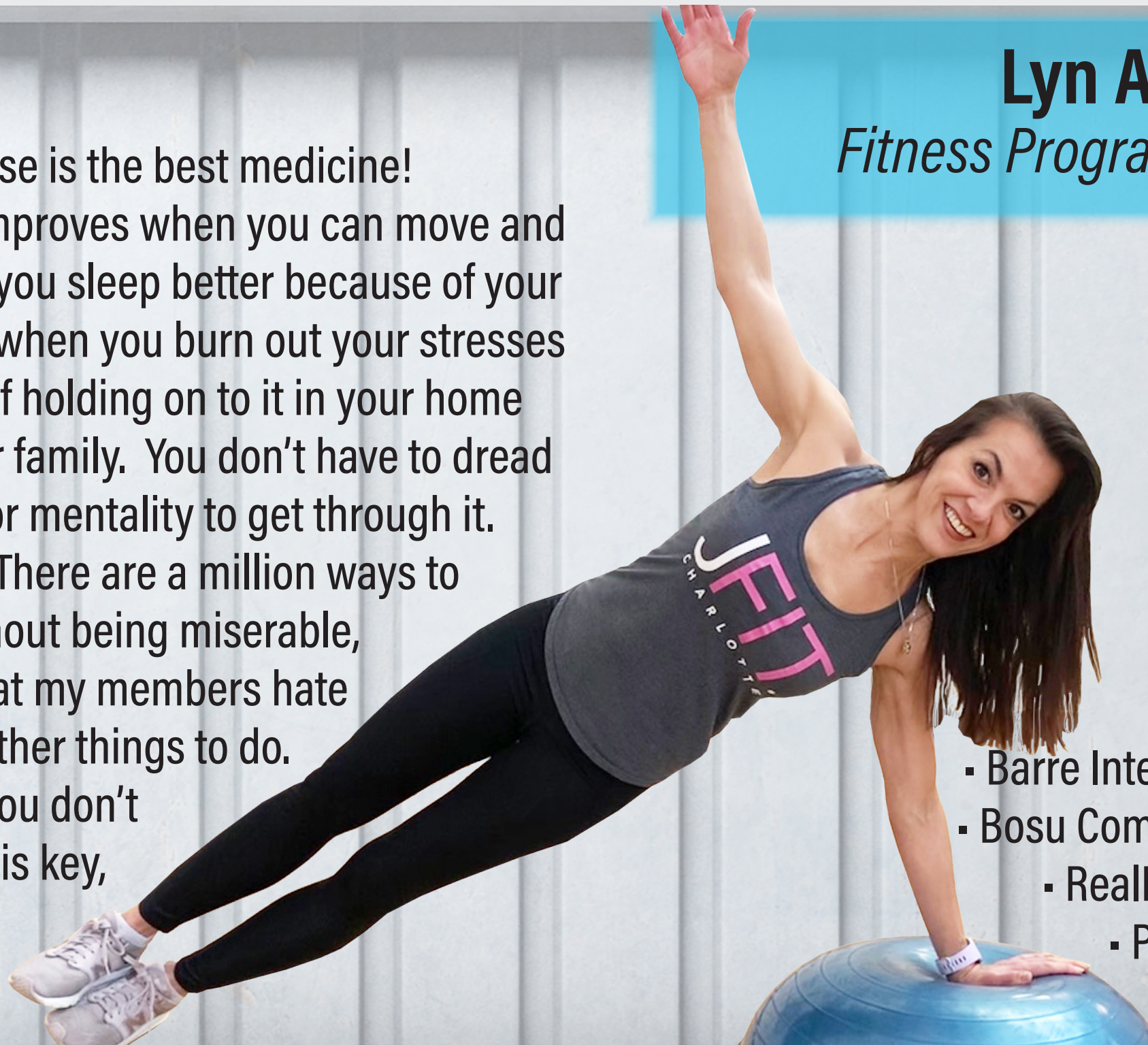


Fitness Philosophy

"I believe that exercise is the best medicine! Your quality of life improves when you can move and breath easily, when you sleep better because of your fitness routine, and when you burn out your stresses in the gym instead of holding on to it in your home where it affects your family. You don't have to dread it, or have the warrior mentality to get through it. Fitness can be fun. There are a million ways to work your body without being miserable, so I like to know what my members hate so I can give them other things to do. It won't help you if you don't come back. Routine is key, and you can do it!"



Lyn Addy
Fitness Programs Manager

Certifications

- ACE Health Coach
- ACE Group Fitness
- Barre Intensity Certified Instructor
- Bosu Complete Certified Instructor
- RealRyder Certified Instructor
- Pound Certified Instructor
- AHA CPR/AED/First Aid