

Meet Ellen Schmitt

In May 2003, Kinnelon resident Ellen Schmitt became a member of Spa 23, joining her first health club since she was in her early 20's. Ellen is now 52, the mother of two girls ages 15 and 19, and is married to Mike, who is also a Spa 23 member. Ellen works for a Manufacturer's Representative in professional audio, video, and lighting as a Marketing Coordinator. When not at work, Spa 23, or home, you can find Ellen and Mike playing golf or traveling.

Ellen had done some personal training in the past, but wasn't ready to try it again just yet. Although she was strong and fit, Ellen wasn't convinced she could really lose any additional weight with Personal Training. That is, until she met Spa 23 Personal Trainer Michelle Orsini.



Michelle asked Ellen to give her a chance to train her. She would not only help Ellen with her workouts, but she would help to guide her diet as well.

"Michelle set me up on an eating and workout program that was very specific. I had to track both food and workouts. Michelle has been very encouraging and supportive and as a result of this whole approach, not only am I stronger, but I have lost 11 pounds in 8 weeks!"



Congratulations to Ellen and good luck on your continued success!

For more information on Personal Training, contact Craig Catanese, Fitness Director, at 973-839-8823.