

Meet Ken Stamler

(The King Of The Overnight)

When coming to Spa 23 during the late night/very early morning there is one thing that is an absolute certainty, a Ken Stamler appearance.

Death, taxes, and The Original Diehard Overnighter Kenny Stamler are the guarantees in life. I have known Ken for almost ten years and his passion for working out and life in general has not waned. Stamler, who says he is 29 has been a lifelong resident of the area and has a local knowledge of every eatery and everything that is in North Jersey.

I asked Ken a few questions:



How long have you been working out at Spa 23?

“Wow, you know I don’t know exactly the amount of years but it has been a long time (laughs).”

How has the Spa changed since you first started coming here?

“Well first of all, the equipment is much better. I love the fact that they expanded the weight room a short time ago and the way they configured the whole upstairs area just makes a lot more sense.”

Do you still see most of your old gym buddies even though you have been here a long time?

“I definitely still see a good amount of all of the long time members. Most of them stay in the routine like I do, coming at the same time of the day usually. The reality is there are more gyms around the area now, but the crazy thing is you see these people leave and then most of them invariably make their way back. Spa 23 is home. You know it, it is familiar. I guess the grass is not always greener on the other side of the fence.”

Last one, favorite part of the Spa?

“The morning bagels (laughs again)”, “It is that I get to come here at my hours, it starts my day off the right way”

Ken is also the most outgoing person you will ever meet and he goes out of his way to be nice to you. Super funny, I remember he made me feel welcome when I was just a skinny teenager. He knows everybody’s name and they all know him. I have kidded with him many times that if I do not see him by 2:30 in the morning I am calling EMS. The man is like clockwork. I have never seen anyone work out like him. So next time you see him give him a line and I am sure you will get a laugh. Only at Spa 23.

By Original Diehard Overnighter Tom Mulraney, a Spa 23 member