

Meet Linda S.

Linda S. is 57, wife and mother of 3 grown children. She has been a member of Spa 23 since August 2007. Linda has worked as a Librarian for the past 19 years. When not at the Library or Spa 23, Linda and her husband love to travel. Here's Linda in her own words:

I have been a member of Spa 23 for a number of years. I am not athletic by any means, nor did I ever exercise with any regularity. In fact, I hated any form of exercise! I have also battled with my weight for as long as I can remember. In November of 2008, I decided to try again to lose weight. I rejoined Weight Watchers for what seemed like the 50th time and did begin to lose weight. I came to Spa 23 on a fairly regular basis and used the treadmill, elliptical, or bike for about forty five minutes to an hour. I knew there were group fitness classes, and that by not attending those, I was not taking full advantage of my membership. Every so often, I would watch various group classes in session, but never participated because I felt intimidated by them. I was overweight and out of shape....how could I make it through any class without looking foolish?

In April of 2009, I decided to get some information on the group fitness classes. I spoke with Katie Cirillo, Group Fitness Manager. Katie suggested that I try Group Ride and Double Play, among other classes. I went to my first Group Ride class that week and found that, although sore for a few days after, I enjoyed it. I also began going to Double Play classes, and soon after that began taking Gravity. Now, I usually take Group Ride twice a week, in addition to Double Play and Gravity. When possible, I try to experiment with other classes. I have found each instructor motivating, more than willing to answer any questions, and offer advice to help get the most out of each class.

As I became stronger and more physically fit, I began to see positive changes in both my body and attitude. As of today, I have lost 45 pounds, and inches that I cannot even count. Speaking with Katie that day and attending the group fitness classes has been one of the best decisions I have made while a member at Spa 23. I would encourage anyone who feels (as I did) intimidated by group classes due to weight or other issues, to stop by the Group Exercise office and speak with Katie or Ricky and give a class a try. You may just see results that you never expected!

