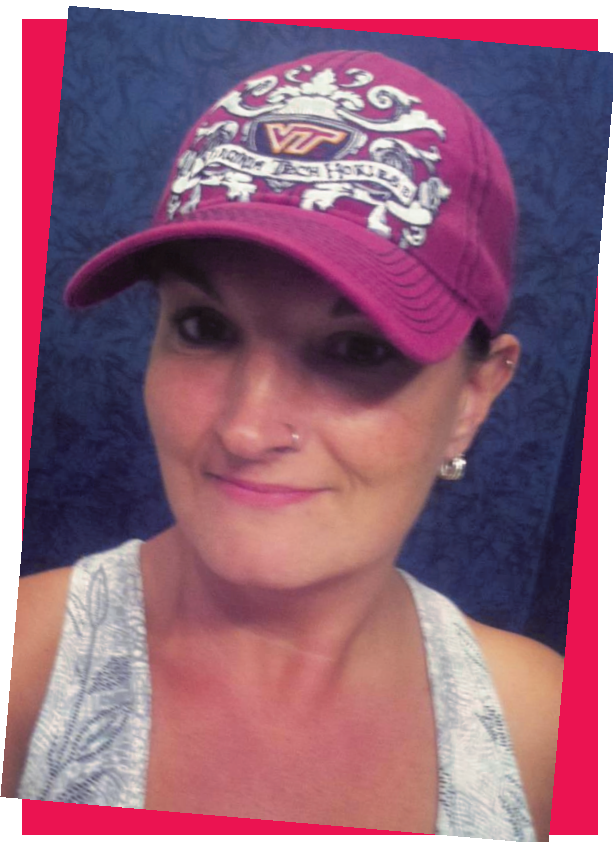


MEMBER SPOTLIGHT!

February 2012



“Every workout is one that puts me that much closer to my goal!”
Kobi Lloyd set out on a journey to be fit and healthy almost two years ago with us at Harrisonburg 24/7 Family Fitness! She is excited to share her story...

What helps motivate you to workout?

Maria Steward is my personal trainer and I have to say she is a HUGE motivation for me. She is a HUGE part of my success. Her commitment to helping me reach my goal is something that pushes me. Every workout is one that puts me that much closer to my goal! Having her guide me and be there every step is something I truly am thankful for! Seeing the physical changes are another HUGE motivator. I enjoy the gym so much and have met some amazing people along this journey.

How long have you been working out?

I walked in the gym on 3-17-2010. The rest is history!

Share something about yourself and working out! (a goal, an accomplishment, etc.)

I have the original paperwork from where I signed up for a 6 month membership to Harrisonburg Fitness. My life changed when I walked through the doors of this gym. I am more healthy than ever! I am more committed than ever! I am stronger, more flexible and more driven to succeed than ever! I went from being a total couch potato to working out at least 8 times a week!!! The transformation has been amazing and there is still more greatness to come!!!

How often do you workout? And when?

I attend Zumba on Monday, Tuesday, Wednesday, Friday & Saturday! In addition I work out with Maria, my personal trainer, 3 times a week. On Tuesday and Thursday, early evening, I try to run a 5K on the treadmill to boost my cardio time.

Do you workout with a personal trainer?

Yes! Maria Steward at Harrisonburg Family Fitness.