

 **TRAX TRANSFORMATIONS**

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To Whom it may concern and Josh,

When I first started coming to the gym I was not only new to the area but I also had two small children who had begun attending a local pre-school and I decided to use my newly found time to the benefit of my health. I started putting around with a few weights and burying myself in the movie room (which I love), until finally I had gotten up the nerve to try a class. The first people I had met, while standing outside the door of the group fitness studio, were Julie Simpson and Michelle Delgado. I overzealously introduced myself and launched into my fitness back story about how I used to be a gymnast and I enjoyed running and lifting weights in my basement. They were both super reassuring about my first attempt at trying Body Attack and introduced me to a couple of the other class participants (many of whom still participate in classes to this day). We spoke about our kids and husbands (Joe Baker), they gave me a few tips and pointers about the class and when it started- boom!! just like that...I was hooked. I not only loved the class and appreciated the vigorous and challenging workout, but I also observed the connection between Julie and Michelle. I was not aware prior to the class but Michelle was training to be an instructor and Julie was mentoring her along the process. That was when I first had the inkling to try training to become a group fitness instructor.

To this day, Michelle remains a close friend of mine, and I still try to take that Monday morning attack class whenever I can. Sadly, Julie has moved to Hawaii, but we still keep in contact via social media and she destroys me at Words with Friends every single time. After meeting these two phenomenal women, the list of new friends and fellow fitness pals has continued to steadily grow.

In February of 2017, I went for my very first Les Mills certification training session, with Jenny Davis. She and I had barely been acquaintances prior to the training weekend but the experience of training together and working to earn a very technical and difficult certification together has bonded us in a way that makes me feel as though I've known her my entire life - and it turns out -we're birthday twins!! Before I had even started packing my gym bag to attend the training weekend the amount of support and help that I received was humbling. I went into it fully prepared thanks to the other instructors at the gym and especially thanks to Annie Barra. Annie took the time to work with me to make my punches go from looking like I was swatting mosquitoes to looking like I might actually be able to hurt someone. Annie also has this amazing ability to hold us to a very high standard without putting us down. She's always willing to work with us to help us out and make us stronger, and she graciously knows just what to say to make corrections without negativity. As someone who has worked several odd jobs over the years and therefore has had all different types of bosses, this quality is rare and inspiring. I believe this is a direct reflection as to why the instructors work so well together. I am proud and honored to be a part of this tribe and to be a part of this group of exceptional individuals who I admire so much. I'm privileged to call them my friends outside of the gym. I look forward to the training sessions that I have coming up this year because I know I will be successful with this team by my side.



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As for teaching, I LOVE it!! I love getting up on that stage and nailing the material, knowing that I've given the members a great fitness experience. I enjoy getting to know the members and it's really cool to see the progress that they make. I've even very much enjoyed getting to know some of the members on a personal level as well. And how awesome is Norma!! I swear when she is in my class, I give just that littlest bit more!! At this point, Healthtrax is a part of me. Where Joe, Xavier and Mackenzie are my ever-loving family, Annie, Danielle, Rachel, Melissa, Huidi, Emily, Elana, Michelle H, Michelle D, Joanna, Jenny, Chelsea, Janet, Audrey, Julie and Linda are my tribe. They have inspired me and motivated not just myself but Joe Baker as well. When I walk in the doors it's like walking into a comfortable home, knowing it's where I belong. Fitness is ever changing and evolving and I look forward to what the future holds.

#1tribe #keepitrealandstaywiththefight #Ireallyhopeditdidn'tforgetanyone

Sincerely,
Becca Baker