



H TRAX TRANSFORMATIONS



Amy Hawkins /Before 2016 / After 2018

Date you started your fitness journey:

April 2016

Group Fitness Instructor Name or Personal Trainer name:

Allison Dehner/Group Fitness Director, then Melissa Curtin in Active and Groove and Andjie Barton in Groove.

Personal Testimonial Statement:

Girlfriends! Girlfriends! Girlfriends! What would we do without them? They knew I had a tough time with menopause and weight gain after having two children. I tried every diet and walked my neighborhood but nothing worked like it used to. My body had gone thru a major change.



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My friend's advice to me was to take BABY STEPS! For some reason those two simple words resonated with me. I decided to take their advice and join a gym and take BABY STEPS! **Healthtrax was highly recommended by Allison Dehner (Staff Member, Healthtrax Raleigh, North Carolina). So, I did it! I joined!**

Group Groove- a group fitness class appealed to me because of my love for dance. The first 3-4 months I stayed in the back of the class for lack of stamina and breathing! Once my lungs and I got use to cardio I moved on to Active group class for the use of weights. Healthtrax made me feel very comfortable as soon as I stepped thru the door. Everyone is very nice and respectful. I have made a lot of new friends throughout my 2-year weight loss journey at Healthtrax. I really love the wide variety of group fitness classes that they offer along with trainers for any of my short-term fitness goals.

My energy level is high my weight is down 40 pounds and I have taken my well-deserved place in the front row in Group Groove! I've met a lot of interesting people and have made new friends all due to Healthtrax and my fabulous girlfriend's advice with just two amazing words... BABY STEPS!

Had you tried any other solutions previously?

I tried diets and walking in the neighborhood.

What is your favorite moment/experience during your time at Healthtrax?

I love new Groove and Active Releases! Launch and learning the new choreography works my brain and my muscles.

If you attended classes or worked with a trainer, how many times a week did you come:

Group Groove 2/3 times a week then added Group Active 1 time a week.