



“I never thought that at 35 I would feel better than 25!”

Laurie feels great thanks to working out at the Apex Centre

I never thought that at 35 I would feel better than 25! I started my journey about a year ago with a group fitness classes and now enjoy weight training. I'm a dental assistant full time and I'm now taking a night class to further my career. With two kids the Apex Centre works great for my family. Being active is now a priority in my life.

We at the Apex Centre are so happy for Laurie!

MEET

Laurie Morrison

Feels better at 35 than 25

Workout Routine:

- Enjoys weight training

Apex Centre is helping its members reach their peak!

View more stories or give us your testimonial at

www.apexcentre.org