



“I found the Apex to be a place I could be myself again.”

Stacey made the Apex Centre like a second home

My journey started in February. After a rough few months of settling from a move across the country, I decided to do something for me again! I’ve always been an athlete and active.

I found the Apex to be a place I could be myself again! After changing my eating habits and making Apex like a second home, I’m getting closer to my fitness goal!

I've lost a total of 40 pounds and I'm so grateful for Apex for giving me the best “me” time I could have each day!

MEET

Stacey Euteneier

Stacey has lost 40 pounds since February!

We at the Apex Centre hope Stacey continues to reach her health and fitness goals.

Apex Centre is helping its members reach their peak!

View more stories or give us your testimonial at www.apexcentre.org

