



“Thanks to the Apex Centre childcare, family classes, and the willpower to change, we’re all healthier!”

In April of 2018, I realized I could no longer chase my 2-year-old son without getting tired. I was always out of breath and lacked energy. I needed to make a change. I saw my 6 and 8-year-old daughters going down the same path as me – emotional eating.

I started with an elliptical for 30 minutes and changed my diet. The weight started to go away and I got stronger.

I began attending Apex Centre group classes. They helped work every muscle. To date, I’ve lost almost 70 lbs! I still do group classes daily and I’ve found my favorites, which include Kickboxing, Zumba, and HIIT. I now workout seven days a week and I’m training for a Sprint Triathlon in the spring.

Thanks to the Apex Centre childcare and willpower to change, I can chase my now 3-year-old, do the family spin and boot camp classes with my daughter, and fit into my clothes! I went from a size 20/22 to a 10/12 jeans, and XL shirt to M/L.

Am I finished? No, but I’m healthier and so is my entire family!!

MEET

Miriam Ross

Miriam has lost 70 pounds since April 2018!

We at the Apex Centre hope Miriam 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

