



"Now I feel great, my clothes fit better, and my resting heart rate is down by 10 beats per minute."

I went from knee surgery to working out twice a day!

I struggled with a seriously arthritic knee, so I started working out with weights, rowing machines, a stationary bike, and the treadmill. That got me in shape for the inevitable knee replacement. After recovery, I started going to water aerobics classes and swimming laps to rehab, strengthen my leg, and build my endurance. Plus, the water aerobics classes were a great low-impact workout while improving my core.

In December 2021, I thought I'd try two-a-days. In the mornings, I participate in deep water aerobics, then I come back for spin, strength, or yoga, and I got a bit addicted, in a good way. Now I feel great, my clothes fit better and my resting heart rate is down by 10 beats per minute.

I want everyone who is wondering, 'Should I join the Apex Centre? I don't know how to use the equipment. I'm not sure.' Give it a try and come as much as you can. There are many different classes, and everyone is friendly. I've even made new friends in my classes. Everyone working at the Apex Centre is always smiling and happy to assist you. The instructors are kind and will help modify anything so that you can participate. Coming once won't do it. You need to enjoy all these great opportunities and activities right at your fingertips.

We at the Apex Centre are so proud of Lynne!

MEET

LYNNE HALEY

Since she began two-a-days, Lynne has lost 9 pounds without a strict diet.

Workout Routine:

- Deep Water Aerobics
- Spin Classes
- Group Strength Classes
- Yoga

Apex Centre is helping its members reach their peak!

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

