

SPORTSCLUB MEMBER SPOTLIGHT

BONNIE JILEK



Staying fit and working out have been a part of my life for as long as I can remember. I was an athlete in school, and worked out with Jane Fonda in my living room in the 80's. My late husband, John, and I moved to the Upstate in 2009, in part, because of the wonderful hiking opportunities that are all around us. We became members of Sportsclub in 2010, and I've worked with a personal trainer twice a week and taken a number of different classes for most of that time.

Over the past four years, life has set some tremendous challenges before me. I lost my youngest sister in 2017. My beloved John passed away in early 2018. In January of this year I had open heart surgery. My youngest brother also passed away early this year. In April, two 90-foot oak trees fell on my house and split it in two, forcing me to move to temporary housing for five months. And I have experienced Covid.

Through all of this, I have relied on my dedication to fitness to remain strong and to heal emotionally. Since John passed away, I have continued our love of hiking by joining small group hiking trips in Europe. I feel that I have been given a gift in that I am able to do what I do at the age of 72 and, thanks to a great trainer (Dina Elm), incredible instructors, and forever friendships I've cultivated at Sportsclub, plan to continue improving my strength and my endurance--physical, mental, and emotional--for years to come. Working out has become an integral part of my life.

