



SPORTSCLUB MEMBER SPOTLIGHT

MAGGIE REDDING

I was active in high school, but I had no idea what weight training was or how to properly lift. I joined a gym in the spring of 2018, and fell in love with improving myself. I found out about physique competitions on Youtube, and thought I would love to try it one day. I started going to the gym with a purpose behind every exercise and movement, with the intention of building a foundation of muscle to hopefully one day compete. At the beginning of this year my boyfriend and I were blessed enough to join Sportsclub of Simpsonville. I was introduced to my coach, trainer, and nutritionist, Sarah Gunter, and we got to work. We worked hard for ten and a half weeks to get ready for the Southern Tournament of Champions in Manning, SC. We earned 1st place in both my Bikini True Novice class and Open class! Earning 1st place in my Open class qualifies me to compete in a national show! I'm so excited to continue to grow, learn, improve, and compete with Sarah! Thank you!

