

SPORTSCLUB MEMBER SPOTLIGHT

LUIS ENRIQUE



Hello! My name is Luis Enrique. I have been on/off at the gym for several years, and it has always been difficult to break bad habits and be consistent with my weight-loss goals. Less than a year ago, I started all over again at Sportsclub. With the support from family and friends, I decided to try new things. Personal Training and core strength became one of my priorities with a goal of losing 20 lbs. I wanted to get a new perspective and find a new trajectory on where I wanted my health and well-being to go.

Initially, it was hard to see any results. There were many times that I didn't want to train, but I did it anyway. However, as time passed, I found I was enjoying working out every day, trying new classes, and meeting new friends. I learned that quality of work was greater than quantity of work. I learned to have patience and maintain dedication. I started to appreciate those instructors that were pushing me to become a better me. I also learned how important it was to eliminate junk foods.

Without noticing, I suddenly had a routine. I was meeting with my friends and instructors regularly. They were helping me and motivating me to push myself as the days went on. I learned to listen, and to observe how others were successful. I tried new fitness classes and some days I found myself taking two or more classes a day.

Today my gains continue to produce a compounding effect. I continue to do my personal training program, taking multiple classes a week, and I have lost as many pounds as my age. My goals have evolved, they have changed and they continue to grow.

Now I am seeing my life as a new stage of opportunity and strength. I am very thankful for my family and friends, for Chris Figg, and all the amazing instructors at Sportsclub. I hope this story will inspire or help you, and that you all will continue to invest in and take care of yourself and your well-being.

