



My journey with GAC started many years ago: At first I was teaching classes (for 8 years) and I built many relationships with other members throughout those years. I then started the Team Training program when it first came to GAC and in the last two years I have seen a lot of changes in my body - I have never felt so physically fit! The people I work out with are more than workout partners - they are family, and a stellar support system, as well as the best encouragers I know. Our Lead Trainer Mary is the absolute best, and she knows just what to program for us to progress and meet our personal goals!

I didn't know at the time how God would bless us at this gym, but after being a member of this gym family for over 10 years, and now being the owners since February, we wouldn't know what we would do without these people! I love my gym family and my team here at GAC!

Alison Bregg IS THE BAD@\$\$ OF THE MONTH



GREER ATHLETIC CLUB