



Wow, do I love my GAC family!! I have always been active in sports (basketball, volleyball, track & Rodeo) through out school and beyond, and I love living an active lifestyle. When I had my twin boys at 30 many issues and insecurities arose. I wasn't active after (unless you count chasing twins), and very self-conscious about weight gain and the way my body changed. It took me about 5 years until I realized I did not want to continue in these self-destructive ways and mindset. So I took the plunge and joined GAC and have not looked back.

The team training is amazing as are all the coaches. I truly enjoy the family atmosphere. And I really mean family! I have never felt out of place, or looked down upon for not being able to lift as heavy or be as fast as others in the classes. As a matter of fact, just the opposite; I am encouraged and pushed to do better than the day before. Even through injuries the coaches have been amazing, helping me to heal but also pushing me through the mental blocks I was allowing to hinder growth. Each work out is unique and I am never bored or not challenged.

I cannot thank GAC enough for all the encouragement, sweat and fun!

Cris Arterburn IS THE BAD @\$ OF THE MONTH



GREER ATHLETIC CLUB