



I'm a 55-year-old father of three daughters, ages 12, 9, and 7. When my youngest was born I was 48, over weight, and not in great shape. I can remember sitting in the hospital holding her, knowing I needed to change my life; so I joined Greer Athletic Club.

Initially, when I started at GAC, I'd go in and "do my own thing" ... basically I'd jog on a treadmill and lift some weights then leave... it was a good start, but I wasn't focused (and rarely broke a sweat).

Then, I decided to take a class thinking I might enjoy the structure of a pre-planned work out, and the "team atmosphere" of working out with others... And THAT was a great decision because team training has been KEY to me getting in back in shape. Overall, I've probably lost about 20 pounds, but I've packed on a bunch of muscle so my body has changed drastically. I'm in great shape and can hike, bike, run and play with my kids, and have fun doing it. A couple years ago I competed in the APEX games, and I've run a few 5K races. Also, I take ZERO medications and feel great. If you are wanting to improve your life, improve your health, and just feel good again come to Greer Athletic Club and take a class. The beauty in team training is you can do it at your own pace... if weights are involved on a specific exercise you get to choose your weight. You also have a trainer there to instruct you and make sure you're doing the exercise correctly so you don't injure yourself.

Trust me on this! I encourage everyone to come to GAC and take a class. Now's the time! Start your journey to fitness at GAC. I hope to see you there!

Jeff Austin IS THE BAD @\$@ OF THE MONTH



GREER ATHLETIC CLUB