

July

MEMBER OF THE MONTH

Sherick

What is your favorite exercise to do at the Fitness Center?

Mhm it varies, I enjoy this new push up challenge I started doing with a fellow gym colleague. But I would say pull ups are my fav.

What fitness goals have you reached in the past 6 months?

I've increased my cardiovascular endurance and worked on gaining more muscle mass.



Finish this sentence: My definition of health and fitness is...

“Doing what makes your body feel good but also not over extending your body.”

**PIVOT
FITNESS**