

MEMBER SPOTLIGHT

Cindy Parker

I have struggled with my weight my entire life. It really became a struggle when I started to have arthritis in both of my knees, making it difficult to walk and stand. I was on my feet all day at work and was exhausted. Finally in 2018 I decided to have knee replacement surgery on one knee and was frustrated at how difficult recovery was for me. I also wanted to wait as long as I could to have the other knee replaced. This was finally the wake up call that I needed and I decided to join Weight Watchers (for the 10th time!!). This time something “clicked” and I was determined to not only lose the weight, but to become stronger and healthier.

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At the time, I decided to join the YMCA in my neighborhood and hired a Personal Trainer, as I had no idea where to start. I was paired with

Lee (who also trained at The Club at Prairie Stone as well) who motivated and encouraged me... I actually started to enjoy it! As the weight came off (75 lbs so far) and I became stronger, I realized that this is how I want to live.

When COVID hit, Lee continued to keep me motivated. He had always talked so positively about The Club that when the gyms reopened I decided to try it, joining in September 2020. I really enjoy coming to this gym and I have gained the confidence to try out different classes like HIIT and Yoga.

I know people always say, “If I could do it, anyone can”... but I can attest to this!

