

MEMBER SPOTLIGHT

Ray Mason

In 2015, I started doing the monthly Hoffman Walks with the Hoffman Estates Park District. My doctor had ordered me to do something to get moving. It was on some of these walks that I first entered The Club at Prairie Stone.

I began walking in a few 5K events. At a 5K in August 2017, my goal was to complete the 5K in under an hour... I ended up completing it in an hour at 2 minutes. Later in 2017, I broke the one hour barrier. Also in 2017, I had added a 7 mile bike ride to my weekly routine.

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I joined a Total Fitness class, at the Hoffman Estates Park District Willow Recreation Center. Members of that class introduced me to the Zumba and Pound classes there!

In the Fall of 2018, to replace outdoor summer bike riding, I joined The Club at Prairie Stone for their indoor bikes and group fitness classes. Other members introduced me to the doing more classes.

In 2019 I completed a 5K in under 39 minutes, as well as having completed my first 10K. When the shutdown occurred due to COVID, I was preparing for my second 10K, with a 1:20 goal. I switched gears and continued doing Zumba, ran in the local park, biked in the Forest Preserve, and used The Club virtual fitness classes.

I currently frequent the track, preparing for when 5/10K runs return, as well as attending Spin, HIIT, Zumba, Swimming and Pilates!

