

# TELOS has Exceeded My Expectations...



When I was asked to do this I thought, where do I start? From management staff, Trainers, Group Fitness Instructors to the service staff they are all top quality individuals. Since joining TELOS I have improved my physical and mental well being, along with developing a great group of friends.

I have been involved in many sports and have lifted most of my life. Since joining TELOS I have noticed a big improvement. That improvement has been due to the exceptional training staff and their ability to communicate their knowledge. This has allowed me to realize just how bad my form has been over the years and now I am getting more out of my workout. I would like to take the time to thank the Trainers (Jeff Breeding and William Branham are my tormentors) who have taken the time to show me what I was doing wrong and shown me how to correct things. I really appreciate their efforts.

I try to balance my workouts between weights and group fitness. This has helped me drop 14 lbs. and keep it off. I appreciate the effort Group Fitness

Director, Louise Bunnell, makes to get quality instructors for the great variety of classes we have at TELOS. That's not an easy thing to do because we tend to be a little high maintenance when it comes to our classes. My hat is off to you Louise! I take ART, Sports Nut and TBC. I have heard people say "The classes are too hard. I need to get in shape first." My advice: just do it you will see positive results. Everybody has to start somewhere.

One of the best things about walking in the front door at TELOS is that you will always see a smiling face and hear a "Hey Mark! How has your day been?" It's hard not to smile back. Smiling is a good thing right? The Café is great - great food and great people. Facilities Director, Wayne Higgins, and his folks are always there to take care of any issues that come up. I never see anyone standing around. They are always picking up or stocking something.

I have also met and developed friendships with many of the members at TELOS. This is one of the aspects that you don't find at other clubs. When I walk through the front door to work out, all the outside stuff pretty much disappears. If I miss a few days I start to miss my third place.

Third place. What a great lead in. General Manager, Brent Darden, told me one day he strives to have TELOS be the third place for members. I wasn't quite sure what that meant. The first place is home, the second is work and Brent wants TELOS to be the third place you spend most of your time. I have been on the Advisory Board for two years and I can tell you, they go to great lengths to make TELOS a better place on a daily basis. They don't rest on what a great job they did yesterday. They are looking for things they can do better today and tomorrow. I greatly appreciate what TELOS does to make my experience the best it can be.

To quote Jimmy J "I love this place."

~ Mark Fowler~

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