

TELOS has Exceeded My Expectations...



I have been a member of TELOS since January 2009. Working right next door (co-hosting the MIX 102.9 FM morning radio show) made TELOS a convenient location for me. Before TELOS, I walked on the treadmill and did some free weights but became bored quickly and was looking for something more motivating. After one of my co-workers introduced me to Personal Trainer David Thompson's A.R.T. class, I was hooked. I became a member soon after and now attend David's classes religiously. The motivation I was looking for, I get from the other members in the class. **Being in an environment like TELOS, you can't help but succeed.**

Another reason I joined TELOS was to improve my alignment, posture, and strength. I have mild scoliosis so I needed something more technical to help me achieve my goals.

Apart from A.R.T., I have been taking Pilates with Rachael Lieck-Bryce and Veronica Combs and have already felt a difference in my posture. I have also completed the assessment with Personal Trainer, Cecil Hightower. Cecil performed M.A.T. (Muscle Activation Techniques) on me and I have felt an immediate difference. I am going to begin training with him and am excited to see those results.

Apart from the reasons I joined TELOS, the reasons I've stayed a member are just as important. I know I can walk through the front door and have at least four people greet me by name and ask how I am doing. I feel like a member of a community here and know the people who work at TELOS are truly interested in helping me achieve my goals and lead a healthy life. I know I can go out on the Coliseum floor and a Floor Trainer will be there to assist me with anything I might need during my workout.

TELOS is more of a "destination" than a health club and I could spend all day here. I love to meet friends for lunch at Caesar's Café because of the delicious and healthy options and Café Server, Asia Williams, knows I need my Diet Coke before I even sit down. I look forward to coming to TELOS everyday and know that if I take advantage of all they have to offer, it will change my life.

-Victoria Snee-

