

MY TREEHOUSE STORY!

- Javier

(Treehouse Family Membership since 2008)



When I was young I loved to play sports, especially soccer. When I became a teenager I stopped playing sports and over the years became overweight. Finally at the age of 26, married and with a 5-year old, a 3-year old and a brand new baby I realized that I had to do something. My boys wanted me to run and play with them, but I felt I couldn't.

I also had dreams of learning to snowboard, but at 225 pounds I knew I needed to be in better shape to even try.

We received a postcard in the mail from Treehouse Athletic Club offering a free week, so I decided to go check it out. After that first week, I was hooked.

GREAT INSTRUCTORS AND STAFF

One of the first persons I met was a trainer who taught the 16-week Boot Camp series. It is one of the programs Treehouse offers its members.

This trainer took the time to get to know me and really encouraged me to succeed. I've met many others who work there who know me by name and always have a smile on their face and good words of encouragement.

MOTIVATING PROGRAMS

I definitely love the Boot Camp class - It was one of the first things I did after joining the Club. I have to admit, it was hard, but I could see that I wasn't alone. There were often 60 people in the class at all different levels and abilities. So I worked hard and SURVIVED, got a T-shirt, but most importantly, I knew I was on my way to better health with the ability to play with the kids and learn to snowboard! There are other programs and classes at Treehouse that keep me motivated to work out. My wife has also started the Boot Camp program now and is on her way to feeling better and getting stronger. I've lost over 50 pounds and over 10% body fat. Last February I took my first snowboarding class and it went pretty well. I'm sure it's because I lost the weight and was in much better shape. I can't wait for winter to hit the slopes again!

UNEXPECTED BENEFITS

My plan was to get in shape so I would be able to run and play with my kids and, of course, hopefully to learn how to snowboard. Something else came along that totally renewed my self confidence

to become stronger - the "Festival of Roses." They had a 5K run as part of their activities, so I decided, why not try it. I was happy to finish the race, because seven months before I could barely run. To my surprise I ended up winning a medal for my age group!

GREAT FOR THE KIDS

My kids go to the "Nest" while I work out. The Nest is the child care for children 6-months to 5 years. I feel at ease being able to leave my kids with people who I know really care about them. The Nest staff engages the children in various activities. They even include "fitness" so the kids learn at a young age that exercise is fun. The kids love to go too, so that's even better!

I could probably go on and on about everything Treehouse has to offer a family or an individual, but the only way you will ever understand is to go in and check it out. The atmosphere is so inviting, and the facility is beautiful and clean. It is perfect for my family and me. We love it because it's "just right"! Not too big, not too small. And the staff is the friendliest of any business I've ever seen. Why wait to have better health?

You'll enjoy life more than ever once you make the decision to just do it!

My Favorite Things to do at Treehouse

Group Fitness Classes

"BOOT CAMP"

"YOGA"

WEIGHT LIFTING

Sports

Basketball

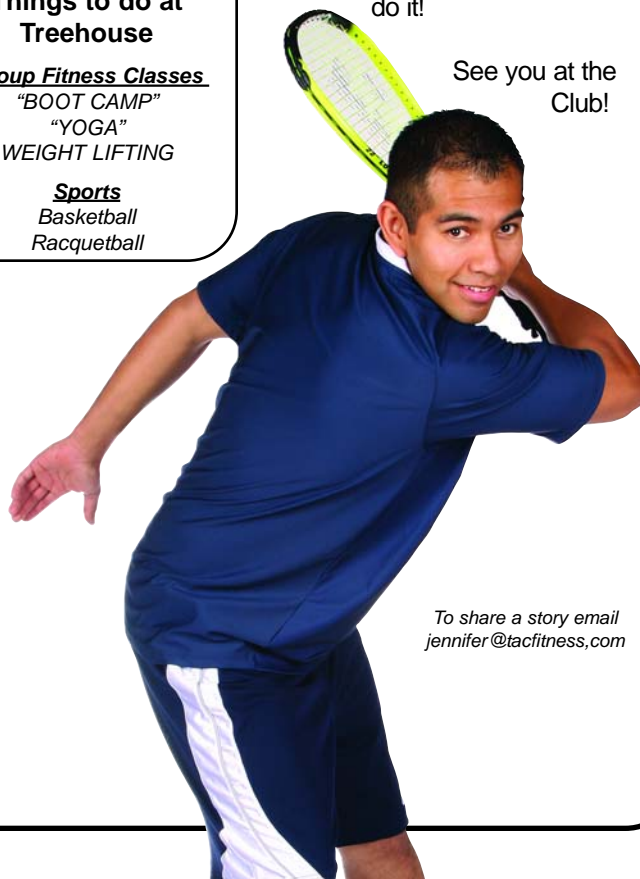
Racquetball

The Best Investment We Make for Our Family!

- Most Friendly Staff
- Amazing Instructors
- Fun & Fitness for the Kids

WE LOVE IT!

See you at the Club!



To share a story email jennifer@tafitness.com