



Member Spotlight for January, 2019

## Dawn Nelson!

**Occupation:** Bartender at the Lorton Lounge.

**How long have you been a member?** I have been a member for approximately three and a half years.

**What are your favorite activities outside of the gym?** Some of my favorite activities are playing with my son, Nicholas and walking.

**When did you start working out and why?** I started working out after having my son, eight years ago to get back in shape.

**What is your favorite workout/exercise?** My favorite workouts are doing Jolene's Cardio Circuit class and Aimee's Strength Circuit class.

**Describe your workouts. How many days per week do you exercise?** On Monday and Wednesday, I do Jolene's class and then walk laps on the track. On Tuesday and Thursday, I take Aimee's class and also walk laps on the track. I work out four days a week.

**What keeps you motivated?** My motivation is staying healthy and fit enough to keep up with my son.

**What advice would you give to someone who is just starting their fitness journey?** My advice is to figure out what goals you are working towards in your fitness journey and then try to stick to a routine that helps motivate you.