

How My Health Club Helped Me Bike 60 Miles At Age 58

“Last November I was a 58-year-old woman. This year I’m a 58-year-young woman. What changed? I made the decision to get fit and joined the Gainesville Health & Fitness Center. We had a family membership. My husband went three times a week. He was getting younger & stronger, but I was becoming a “little old lady”. One day I shocked everyone and decided to get fit too. My goal was to complete a 600 mile cycle in Oregon this September. Knowing that I wasn’t a real exercise fan, I hired a personal trainer, Scott, two times a week. What Scott did was: 1. Make me go. 2. Make me exercise the way he wanted me to. With his encouragement and my determination I rode 60 miles yesterday at 12 miles per hour. Exercise has truly changed my life.”

*Clare Jones- Cyclist
Loyal Member Since 1998*

The logo for Gainesville Health & Fitness features a stylized human figure in black, with arms and legs extended in a dynamic pose, positioned above the word "Gainesville" in a bold, serif font. Below "Gainesville" is the text "Health & Fitness" in a smaller, sans-serif font.

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Health & Fitness®