

Donna Masica Success Story



Hi my name is Donna Masica, and at 69 years old I am stronger, healthier, more mobile, have more energy, and most importantly I am happier and have a better quality of life than I did at 50. When I started exercising with Schimmel Fitness 10 years ago I had a knee brace on my right knee and my doctor told me I would be in a wheel chair within 10 years. I could not carry my own groceries and I slept most of the day. I hated exercise and although I knew I needed to be doing, it, I was ready to quit. Luckily, that is when I met Bill Schimmel.

I started working out with Bill in 1996 and every year since then I have improved in one way or another. Every year we set a new goal and every year I achieve it. Now, not only am I not in a wheel chair, but I can play with my extremely active grandkids when we go to the park. I carry my own groceries, mow my grass, swim, play golf, and enjoy traveling to new places. As much as I disliked exercise before I love it now. It has absolutely improved my quality of life. However, I would have never been able to do this without the professional help I received from Schimmel Fitness. I drive from Coshocton twice a week so I can work-out with Bill at his downtown facility (Schimmel Fitness) on Monday and at Southtown Gym on Wednesday.

I whole heartedly recommend Southtown Gym and Schimmel Fitness to anyone wanting to make a positive change to their lives. Oh yea, one more thing. I have lost over 30 lbs and kept it off.

More Testimonials

- 2) At age 78 Imogene Middleton finds coming to the gym motivating and enables her to move around much better. Imogene also managed to shed 22 unwanted pounds. Way to go Imogene!!!
- 3) Judy Dixon writes how much energy she has after losing 35 lbs in 16 weeks and what a big stress reliever coming to the gym has been to her. I love Southtown Gym exclaims Judy...
- 4) Sue Work states that she has lost inches off her arms, waist, stomach and legs by exercising here at Southtown Gym. She also has more energy and feels a lot stronger. Watch out for Sue!!!
- 5) Tiffany Hiles, a nurse, writes that after exercising she now has more energy and self esteem. She states, "I plan on continuing down this road." Good going Tiffany!!!
- 6) Michele Temple writes after exercising here at Southtown Gym she noticed a weight loss and lost several inches, along with her body fat percentage dropping down. She states her endurance level is better also!!
- 7) Amy Winland was looking to find a healthier lifestyle when she started exercising here at Southtown Gym. Amy states, "I have lost inches, gained energy and have a better look of life. Great choice Amy!!!
- 8) Mary Lambert wrote in her testimonial letter..." I have been able to lose 16 lbs safely and wisely. I have learned the proper way to eat and why exercise is such an important part of life."
- 9) Lynette Cross states...following the weight routine workout, my strength increased right away. I noticed my body getting back the tone I had 20 years ago when I played volleyball and softball in high school.

Join us and you could become our next success story!