

JANUARY 2023



STACEY KOSKI
MEMBER OF THE MONTH

ONEIDA FAMILY FITNESS



STACEY KOSKI

Share a little something about yourself.

I am a member of the Keweenaw Bay Indian Community and was a lifelong resident of the L'Anse Indian Reservation, which is in the U.P. of Michigan until 2014 when my husband and I moved to De Pere. This has been one of the best decisions we made.

What motivates you to work out?

I always feel great after a run or group workout, which keep me motivated to work out. The Staff is also great at motivating me as well as other Fitness Members.

What exercises do you like to include in your workouts?

Group classes; Boxing, Rock Bottom and Group PT. I have never done any weights before, all cardio and all these classes use weights. Classes are out of my comfort zone, which is a good thing. Classes are great and the instructors push you to do the best you can do, Thanks Hudson and Dom.

Best fitness advice?

You just need to keep moving. Do something, anything, but keep moving and make it fun.

What do you enjoy most about Oneida Family Fitness?

The Classes and Staff. I am always greeted with a nice big smile and a Hello, Thank you Christine and Theresa.

The instructors are super helpful and patient with me when I take a new class or need to learn new equipment, Thank you Hudson and Dom. They even check up on me to make sure I'm doing okay after a tough (for me 😊)/new class, very kind and thoughtful, Thanks Dom.

The ENTIRE Staff is awesome, they are great at what they do. Thank you!

What lifestyle changes accompany your dedication to working out (diet, time, attitude)?

I get up extra early to get my run/workout in before work, this way there is NO excuses when life gets too busy. It's so worth it cause when I'm done, I feel amazing!

Congratulations, Stacey! Your dedication to maintain a healthy lifestyle inspires others!

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