

KAREN ENGLEBERT



SEPTEMBER 2026
MEMBER SPOTLIGHT

KAREN ENGLEBERT

Share a little something about yourself.

Married for 59 years with 3 children, 7 grandchildren, and 5 great grandchildren. I'm an energetic, outgoing, and a giving person. Worked at the Oneida Casino for 16 ½ years.

What motivates you to work out?

Knowing that keeping very active will keep me mobile and like socializing with the other fitness members.

Have you had any setbacks? And if so, were you able to overcome them? How did you do it?

Yes, had spine and hip surgeries with PT and getting back into gym made me a lot stronger. Will continue working out for as long as I am able.

What exercises do you like to include in your workouts?

Sci-Fit, recumbent bike, walking the track, strength training with weights.

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Best fitness advice?

Be consistent with all your workouts.

What do you enjoy most about Oneida Family Fitness?

The friendly atmosphere all around: from old and young members to the awesome staff that go above and beyond. Also, there is a great variety of choices of equipment.

What's something about you (fun fact) that not many people know?

My nickname is "Gabby!!" 😊

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

My attitude is more positive about my workouts. I feel better and stronger about myself: physically& mentally.

Congratulations, Karen! Your dedication and hard work to maintain a healthy lifestyle inspires others!



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