

# MEMBER STORY OF SUCCESS

## MARLA EVANS

“Having two babies in two years could have taken quite a toll on my body, but I credit Merritt Athletic Clubs with helping to mitigate the impact. When I was pregnant with my first child and experienced a lot of back pain, attending yoga classes provided immediate relief and helped me stay flexible despite the extra weight on my frame. Swimming in the year-round pool was also a wonderful way to maintain muscle tone without putting any extra strain on my back.

After



After my first baby was born, and I found myself with some lingering weight and a different (unwelcome) shape, I began attending FastTrac with Hal. FastTrac offered me a full cardio and strength-training workout in 30-45 minutes which was a huge benefit for me given the time constraints of having a new baby at home. Now that I've had a second baby, I truly cannot make it through my week without Merritt. The ladies in the Kids Zone are like family to my son and daughter, and provide amazing care for them. I'm able to enjoy my time working out in FastTrac and in only seven months have gotten back to my pre-baby weight. Of course, as all moms know, my shape is still a bit different, but Hal, Paul and Adam are providing the guidance I need to keep trying new exercises and continue moving towards my goals!”

Before



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Where Your Future Takes Shape