

[MUSIC PLAYING]

I've been teaching group fitness classes and yoga for 20 years. It means everything to me not only to take care of my health but to be able to take care of others.

My mother has always preached healthy way of life. And so she started at a very young age telling me that you had to be physical and that you had to take care of your body. And I did that. And I started going to a health club even before I was old enough to be a member.

I started in the company in 2006. If I ever have a down day-- and it's not very often-- I talk to the people in our clubs. I talk to our leaders, our managers, and folks around the corporate office. And I am so honored and blessed to work with like-minded individuals that are so passionate about what they do. It just makes any bad day the best day ever.

[MUSIC PLAYING]