When asked if any of us would speak to let others know about Fitness Mogul I jumped at the chance.  To say I love it there is an understatement.  I cannot count the ways that I am so lucky I discovered Fitness Mogul.  The sense of family and belonging is very strong.  It’s been over three years that I have been coming and there are still things that I do for the first time.  So boredom and repetition will not be a problem.

The staff is incredible.  They each have their own personality and when thinking of how to describe them the one word that I can think of for all of them is “smile”.  Neida has that comforting smile that makes you feel that she has your back no matter what.  Morgan has a smile that makes you want to jump on that crazy exercise ride with her.  Lois’s smile is so friendly it makes you want to do anything she says just so she shares it with you.  Lisa’s smile is motivating and inspirational just like her encouraging quotes, and Kyle’s smile comes with that little twinkle in his eye that reminds me of the cool brother you would want to follow to see what he might do.  And although she doesn’t teach class Karina has that quietly stated smile that goes right along with someone who mans the front desk and keeps it all together.  And as in any great organization you only have to turn to the leader to see why they are so great.

I cannot say enough about how I feel about Rachel.  If I had a daughter I would want her to be like Rachel.  She is dedicated to her clients, concerned about their well-being (both physically and mentally), and strong enough to have the courage to open her own place.  She is kind and never has a bad word about anyone.  I have watched her eyes light up when she talks about the success anyone she trains has and also the concern she shows when someone is hurt.  She works hard to keep things fresh and is always coming up with new ideas for classes, workshops and ways to motivate us.  Our total being is her concern and she will assist you with proper nutrition along with body image.  I have bad knees and she always provides a way to modify things after my injections without me ever feeling that I cannot do what the others are doing.  She truly inspired me to reach beyond what I thought I could do and I want to do that to please her.

I love it so much at Fitness Mogul that I want everyone I know to discover what a treasure it is.  I finally convinced my husband to train there and like me he did not ever work out before.  The difference he sees and feels make me so happy because now he likes it here too.  Rachel has provided us one more way to share something and support each other. And now I am getting my oldest son to train with Rachel so that he can to realize that feeling of accomplishment that I am sure he will have soon.

So do yourself a favor and give Fitness Mogul a try, I guarantee you you will not be disappointed.

Roxanne Andronico