

KAYLA'S WELLNESS



WAVERLEY OAKS
ATHLETIC CLUB

JOURNEY

WEEK FOUR

MONDAY, 6/20

6:15AM WORKOUT

I had the day off from my day job, so it was nice to be able to sleep in a little bit! Turns out that a lot of members had the same idea, and the gym was packed. It is great that Chris showed me alternative exercises for when the machine/equipment I need is being used because that is exactly what happened today.

I love it when a member or instructor comes up to me to express their support after reading about this experience. It is incredibly helpful because I literally have an entire gym as accountability partners, so thank you for that!

WEDNESDAY, 6/22

6:15AM WORKOUT

The gym was busy again this morning so I was not able to get a squat rack, which was fine because I will be able to get that in at some point this week. Chris' plan is more of a full body training rather than focusing on certain muscle groups, so even though I was not able to get everything in, I still was able to complete a well-rounded workout.

FRIDAY, 6/24

6:15AM CYCLE

I would be lying if I said I wasn't completely dreading going to this class. Cardio is not even close to my thing, but I know that it needs to be an important part of my routine. Nicole is a phenomenal instructor, and I had a great experience at my first Cycle class! I should have arrived a little earlier to the class to properly set my bike up because a few minutes into the class, a fellow rider saw I was struggling with my seat and handlebars and came over to help. It was the nicest thing anyone could have done in that moment! After that, it was far from smooth sailing, but it made a world of difference!

WAVERLEYOAKS.COM/KAYLA

TUESDAY, 6/21

6:15AM WORKOUT

I had an early meeting, so I had to get to the gym extra early. Prior to this experience, I would have used this as an excuse to not go. I got in a 45-minute workout, and it felt great.

THURSDAY, 6/23

6:15AM MX4 + CORE

I really liked the exercises in this particular class because I felt like I could execute them better than previous classes. I prefer strength training over cardio and this class was definitely more strength-focused.

5PM PERSONAL TRAINING WITH CHRIS

What is unique about Chris is he uses a combination of knowledge from a nutritional and training stance to train his clients. He is not only a Certified Personal Trainer, but he also has a background in nutrition and culinary arts. During our sessions, he gives me guidance on how to properly fuel my workouts and tips for healthy eating.

Next week, I have an appointment with Waverley Oaks' Registered Dietitian, Janyce, to set goals and create a customized nutritional game plan!



Kayla and Personal Trainer, Chris