



Member of the Month Charles D'Eon



Charles D'Eon is our Member of the Month for July. Charles has been a member since at least 1988, and comes to the gym at least 3 times per week, consistently.

Charles also plays pool in a senior league, and rides his bike weekly. He is a very social member, and always has time to stop for a chat.

Charles shows no signs of slowing down at 73 years of age, and is an inspiration to other older adults. Say hi to Charles when you see him in the gym!