

CHAMBER MEMBER SPOTLIGHT



This chamber member spotlight features Suzy Blaha with **Trinity Fitness**.

Tell us about Trinity Fitness.

"Trinity Fitness is a not for profit organization: Faith based, Christ centered. Our vision is Healthy people Inside and out in every community across America. Inspiring people through group fitness to get in the best physical and spiritual shape of their lives."

Who is your target market?

Trinity Fitness focuses on "functional movement group fitness. People gather around a lot of things: donuts and coffee, football games and beer. Our community gathers around Faith and Fitness; ALL are welcome. (Ages 14 and up with some exceptions.)"



What got you interested in group fitness and ministry?

"Daniel and I lived in Florida for 4 years; I felt God call us there, I felt Him call us home and take Trinity Fitness with us. I have a heart to redeem our relationships with: ourselves, others, God and food. I think if you ask the average person if they like their body???. They would say no. God created our bodies and called them good. What if exercise becomes fun? What if it becomes over bar for the 1st time? We celebrate Personal Records! Not simply because you can push, pull, squat, hinge more weight, but because you just broke through a mental, physical and spiritual wall."



What makes you stand out from other gyms?

"In a world with 'results now' and 'easy fixes' we focus on long-term health. Most people didn't get unhealthy overnight; nutrition, healthy lifestyle habits, adequate sleep, mental and spiritual health are the foundation of health. The gym is a place to celebrate what our bodies CAN do, not a place of punishment for what you ate last night. We have all types of shapes, sizes and abilities in our gyms, because we learn to love ourselves. Anyone is welcome to come play. We have a suggested donation amount of \$40 a month. We know some people can't make that happen, so others volunteer to bridge the gap by giving more than \$40. This is a place of grace."

What are your personal goals for Trinity Fitness?

"Community; the gym becomes the community. Tyler Esposito and I just keep it running. We have a wonderful volunteer training staff. Some have more background in fitness than I do, and others give amazing devotions at class. Either way, we learn from each other."

Favorite Quote:

"How bold one gets when one is sure of being loved"
- Freud

"Above all PUT ON love for it binds them in perfect Unity" - Col 3:14

Try out a class or check out open gym during the week and see if Trinity Fitness is a perfect fit for YOU!

Mon & Wed : 5:30 am, 8:30 am, and 5:30 pm

Tues: 5:30 am

Thurs: 5:30 pm

Fri: 5:30 and 8:30 am

Sat: 7 and 8 am



This Chamber Member Spotlight has been brought to you by the Kingman Area Chamber of Commerce.

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