

Working out at Shapes for Women is part of the fabric of my life! I look forward to exercise at the gym. I know I will feel better afterward, even on days when i would rather not exercise. I appreciate the welcoming and helpful Shapes staff. They lift me up, especially on days that I may need an extra push to get on the treadmill or finish walking-lunges. The energy and consideration they give to all members is wonderful! lastly, of all the gyms available in Lexington, I prefer Shapes for Women for the supportive atmosphere and proximity to work and home.

Christine Ward - Shapes Member since 1993