

**Shapes and the impact it and it's members have had on my life...**

**I have loved Shapes and it's community of women for over 20 years.**

**I love what Shapes gives. Shapes gives women the opportunity to invest time into themselves while being surrounded by other women just like themselves, without fear of egos and of the judgements that break us down. Shapes, rather, builds us up. Even though we know our primary purpose is built around fitness, Shapes is so much more.**

**We give smiles, but more importantly, we receive smiles. The smiles remind us that we are doing what we are supposed to be doing according to God's will for our life. We positively influence the lives of our members and therefore the people in their lives. I know there is so much more we can do, but for now this will have to do...**

**We know these women will live longer because of Shapes. They will be better mothers, wives, friends, daughters, and sisters because of Shapes. Their physical and mental wellness is better because of Shapes. In most, their spiritual and social wellness is better because of Shapes. The wisdom within the walls of Shapes - the compassion, the sincerity, the love makes us all better people. We give to each other and we receive even more.**

**God calls us to love people and positively influence their lives. We do have a common bond - the members and the club staff. I know that I love them more than they love me... but, that's ok. I receive way more than they will ever know.**

**Dona Denniston**