



Be Some Body
STUDENT SPOTLIGHT
Marjorie Dauster

I am proud to announce Marjorie Dauster, the *Be Some Body* Student Spotlight for February 2019. She began her journey in 2011 and I admire her open mind and determination to dive into Boot Camp without even experiencing the other studio classes. She repeatedly did the program pushing herself, gaining stamina and strength. She is consistent in taking Barre, Pilates and difficult Boot Camp. When her schedule allowed, she enjoyed Cardio Dance. The most fun I had with Marjorie was choreographing a mother of the groom and son dance. We practiced the routine in her living room while her husband videotaped us. Marjorie taught her son, Bobby, the dance routine the evening before the wedding. The classic “Dancing in the Streets” will be a forever wonderful memory of the wedding and they were outstanding!

Marjorie attends all classes with enthusiasm and always transcends pure happiness of making it to class with her busy schedule. I admire her leadership and efforts with the annual charity food drive to feed local families in need during the Thanksgiving and Christmas season with St. John’s Episcopal Church along with four other local churches. Congratulations to Marjorie on her recent retirement! I am so happy she will be continuing a healthy lifestyle with the goals of maintaining fitness for travel opportunities and making memories with her grandchildren—isn’t that what retirement is all about?

♥ *Melissa*

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I started taking Melissa's classes several years ago when Nancy Walker, with whom I often carpooled to work in Rocky Hill, asked me to take Bikini boot camp with her. Although I was quite worried about someone expecting me to do a boot camp wearing a Bikini, I agreed to sign up with Nancy. That first boot camp was HARD -- I could barely make it through the cardio runs and I had to stop often to catch my breath. But it was a fun evening with people I have come to love exercising with, and Melissa never failed to be encouraging. I also enjoyed and really benefited from the extra classes that went with boot camp - especially Pilates and the barre class that worked my core. I remember the triumph of the first time I actually found the muscles to do the rollup without grabbing my legs for an assist. I had been struggling with a back that routinely went out on me and strengthening my core has really helped prevent that from happening.

I continued doing boot camp for several years. Bootcamp, with its specified number of classes in a given time period, was especially good for me, a person with good intentions but, with a demanding job and a busy family, a person who easily found excuses not to exercise "today." After all, you can always go to the gym tomorrow, but boot camp is Wednesday and you paid for the darn thing. AND, everyone in that class, including Melissa, knows if I skip the class.

I recently retired, which means that I can take classes that start before 6:30 and, because I now travel much more, especially to visit my new granddaughter, boot camp doesn't work for me any more. But that is going to be great for me because I can take other classes and get to know other students. I have loved the feeling of being fit, and I will work hard to maintain the discipline of exercising regularly.

“Physical fitness is the first requisite of happiness.”
– Joseph Pilates