

Heather & Jeremy Breslau

Do you ever workout together? Why?

Heather: For me, having my husband with me at the gym has been a great motivator. I grew up working out with teammates or friends so having a partner at the gym helps me enjoy my workouts even more. It's very easy between work and busy personal lives to find excuses to skip the gym. We've found that having one or two days during the week that we work out together is a great way to spend time together... and we have a better rate of attendance at the gym if we are both going.

Why did you decide to start taking Robin's Cross Training Class?

Heather: I've been training with Robin one day a week. When Robin mentioned that she had a conditioning class, I thought it would be a great class for Jeremy and I to take together. It's a small group class but we have a lot of fun and it's a great workout! Because the class involves different stations and activities, it keeps Jeremy's interest more than a cardio machine!

Do you feel that both of you exercising has helped you to have a stronger and better relationship?

Yes. We both care about our health and fitness level and we enjoy participating in activities together. Supporting your partner during a workout is a great way to have fun together and achieve your fitness goals!

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