

Couples that
Workout
together
Stay Fit
together

Steven & Claire HUGHES

It gives us another activity to do together that makes us individually feel good

What brought you both to the BAC?

I have been a member for a long time and I brought my wife here. She was at another health club and decided to try out the BAC. She found there was more stuff to do, more equipment, more programs and it worked out great.

Have you always been exercisers?

Pretty much, yes. We have gone through phases in our lives when it was more challenging than others such as when we had our children, but we have tried to make it a priority. The BAC lets us keep variety in our workouts so we don't get bored or injured.

Do you ever workout together? Why?

Yes, at least a couple of times a week. Usually one motivates the other to at least get here and do a workout. We give each other a little bit of 'good' peer pressure... "Are you going to go?" "Well, are you going to go?" and then we both end up going. We really enjoy doing Greg's Bootcamp Program together.

Do you feel that with both of you exercising, that it has helped you to have a stronger or better relationship?

It gives us another activity to do together that makes us individually feel good. Coming here is fun and it's almost like a date. You spend 3 or 4 hours at the club together and know that it is time well spent.

