

# SUCCESS STORY



## Joanne Skene

When I started the Alloy training program four months ago, my main goals were to build strength, counteract the effects of aging, and lose weight in a healthy, sustainable way. I wanted to feel stronger, more confident, and more in control of my health. At first, the biggest challenge was simply building up the strength and endurance to keep pushing myself through increasingly intense workouts. But with consistency, encouragement from my trainers, and the support of my fellow participants, I began to see steady progress.

Everyone in the program cheered each other on — celebrating milestones big and small — which created an incredible atmosphere of teamwork and motivation. That sense of community made every session something to look forward to. Over the course of the program, I lost 15 pounds and gained muscle. My posture improved, my flexibility increased, and I felt more energetic and capable both inside and outside the gym. What started as a commitment to get stronger has become a lifestyle that makes me feel healthier, younger, and more confident than ever. This program has truly shown me that it's never too late to prioritize your strength and well-being. I'm grateful not only for my own progress, but also for the encouragement and camaraderie that made the journey so rewarding.



**"I'm proud of how far I've come and excited to continue building on this foundation of health and resilience."**