

Jeff Lavin

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picked up a key pass so I could have a flexible schedule. At five to six weeks after my surgery, I was getting bored with just using the gym. I asked my Physical Therapist if I could do BODYPUMP and he gave the 'green light.' The one thing he told me was to just stay away from weighted squats and lunges. I hit my first class on Tuesday with Leslie Bull, whose BODYPUMP class I had taken previously. My good numbers in physical therapy started increasing rapidly every week.

One day after class, I saw BODYFLOW. I checked it out from behind the studio window a couple of times. It interested me and I jumped into the mix. I figured if anything didn't feel right I could back off and not go for all the "challenge moves." I've done yoga before with snowboarding to extend my flexibility. FLOW looked similar with a few moves, Tai Chi, Pilates, etc. By the time class was through, I was amazed by how limber my body was and how easy it was to move around.

Eight weeks into FLOW, the numbers were increasing and I was doing things that people usually can't do that soon after ACL reconstructive surgery. I erred a bit on the conservative side when doing certain moves, and sometimes I wouldn't give it my all if I felt that my knees couldn't handle it that day. It was really opening me up to be more hypersensitive to how my body felt throughout my rehab. I con-

tinued to hit at least two PUMP and two FLOW classes a week. I spent four days a week hitting my rehab circuit as well.

By the time I made it past 12 weeks, what doctors consider as the most critical healing stage, I was 'good to go.' My good numbers were



Jeff Lavin catches some air!

ahead of the game by two months! At this point, I could push my rehab more. My doctors made a few suggestions of how I could push my rehab program and BODYSTEP came up. So I jumped in the STEP program to try that out as well. I was hitting at least three classes of FLOW, PUMP, and STEP a week along with my rehab circuit.

By the time I was at four months

out from surgery, I was hitting all four of the Les Mills programs offered at Fitness Stylz, including BODYCOMBAT. My knee was feeling stronger everyday. By the time I hit five months, my doctor gave me the 'green light' to get back on my snowboard. My evaluation testing numbers were some of the highest numbers that the staff members of Orthopedic Associates have seen in their careers!

Of all four of the programs, I feel that FLOW has helped out my rehab program the most. You spend more time in certain positions, holding them for longer periods of time, versus weight lifting and squats. It's great to get the inner feeling of *self* that FLOW offers as well. BODYFLOW has brought my flexibility a new level.

Let's not forget the most important part of these past few months... I never would have had these results without the awesome instructors and the Fitness Stylz staff!

I've been to a few gyms over the years. Sometimes a few people remember your face and say "hi," but it doesn't go much further than that. The dynamic at Fitness Stylz is unique in its own regard. The instructors and staff truly care about your personal goals and for you as a person. When you join Fitness Stylz, you're not just joining a gym—you're joining a family! When it comes time to get back on my board in August, I'd love to pack everyone up and take them with me. Thanks to every member for your kind words and encouragement. Believe in the Les Mills programs, the staff, and, most importantly, believe in yourself!



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