



ATHLETE OF THE MONTH ASHLEE SHAFER

July's Athlete of the Month is Ashlee Shafer!

Ashlee is a Tallahassee local, "all of my family is here". She is also a mom of (soon to be) three children and maintains a full time career as the assistant director for human resources at FSU in the housing department, which is one of the largest on campus.

Prior to working out at STF, Ashlee says she never really maintained a workout routine. "I did some sports in high school but I was never an athlete and after I graduated I didn't do anything until I found Sweat" she says. Then her sister Brittney who is a substitute instructor at Sweat introduced her to our studio. Ashlee really liked the small group sizes in the workouts. "Its like a family, once you get into a routine you get to know your workout fam"! Ashlee's first workout at Sweat was over six years ago now. "It was fun but different. It didn't feel like I was working out. I also remember taking TRX- it was more intense and I remember being SUPER sore over my whole body. I had definitely used ALL of my muscle groups but I still came back."

When asked what her favorite workout is Ashlee mentioned the Sweat Strength workouts, saying "I definitely notice how much stronger I am when consistently incorporating strength and vice versa when I don't". She usually attends 2-3 workouts weekly consisting of at least one cycling, one TRX and one strength workout. Ashlee is staying dedicated to her workouts, even in the third trimester of her third pregnancy and has noticed significant strength improvements overall. "I've noticed that when I'm consistent I become and feel stronger . I can lift heavier weights. Its exciting to be able to grab a heavier set of dumbbells than before".

We are so proud to have Ashlee as a part of our Sweat Family and are in awe of the dedication and hard work she puts in to her workouts, career and family! Keep CRUSHING it Ashlee!

ASHLEE'S FAVORITE PIECE OF EQUIPMENT

**"The TRX because you can
do so much!"**

ASHLEE'S TIPS

- ◆ **"Just come back."**
- ◆ **"It will get easier."**
- ◆ **"You'll find your group,
become more familiar
with the equipment and
you'll be come more
comfortable and
confident."**



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