Testimonials

This health club has been a BLAST for Roger & I for the past 10-12 yrs.---nice friends and a GREAT way to try to stay healthy.  
-Betty G.

This is not an advertisement, but a testimonial on fitness. In today’s culture where obesity is a problem, we in the north woods have a place (Tri-Fitness) to work out and make new friends. All this is possible because of two people, Flip and Beth Hartman, whose concern for fitness, made our concern for fitness, a reality.   
-Ed and Mary

Over twenty-five years ago, inflammation in a knee from a loose patella stopped my running. I did what many others in late working life do: buy exercise machines and turn them into clothes racks. As I neared retirement, I knew that I had lost 1% of my muscle mass each year after 30, that weight lifting for strength and agility is beneficial for seniors, that mental health is related to physical health, and that my cardio vascular system was greatly diminished. I have been retired for six years now. At first, I was content with bike rides on a hard surfaced and flat road, walking, yard activities, hunting, and trout fishing for exercise. After a year, I knew these activities were not sufficient. A neighbor took me to Tri- Fitness where Beth and Phil Hartman set me up with upper and lower body lifting and cardio vascular exercises. Eventually the increases in the amount weight lifted for various exercises declined- I had peaked. Then, I increased the cardio exercises (spinner bike and elliptical machine). However, in addition t overcoming the inflamed knee, I now had an arthritic hip and arthritic shoulder to overcome. After sometime, a couple experiences led me to believe that I could push through the hip problem. About fifteen months ago, I brought out my cross country skis which I had not used in years because for my knee. Sure enough, after a mile of somewhat painful skiing, I was able to continue skiing for longer distances. Then, about a year ago, I decided to see if I could do the same by running, and was successful. Now the idea of resuming running that was in the back of my mind became a realistic and obtainable objective. My goal is to run the 4.37 mile walk-a-thon/ run-a-thon around Maiden Lake. I started on the treadmill by alternating several minutes of running with a minute of walking for a mile. Once, I determined that the detraining body parts would not stop me; I ceased the walking and started increasing the speed and distance. Last fall, on a significant birthday, I completed the 4.37 miles without stopping for the first time in 25 plus years-a substantial senior victory! Since then, I have reduced my time for this distance by 8-9 minutes, and reduced my heart rate after 4 miles to that of someone 25 years younger. The take home message is that my renewed physical ability was due to the many hours at Tri-Fitness.   
-Bill T.

I admit that I am not very enthusiastic about excising. Exercise doesn’t even make my top ten list of favorite things to do. But, I am a firm believer in “if you don’t use it, you will lose it” when it comes to strength, stamina, and general overall fitness. I enjoy having a very active lifestyle including golfing, gardening, snow shoeing, and even water skiing. I know that these things won’t be possible as I get older (I’m 63) if I don’t keep physically strong. So you will see me 2-3 days a week at Tri-Fitness doing a combination of cardio and strength training. Even though it is not my favorite thing to do, I know how I feel much better afterwards. The people at Tri-Fitness are friendly and very helpful with suggestions on ways to make your workout better. I even persuade my husband to join me as I want him right there enjoying our active retirement with me. One tangible benefit I have noticed is that in spring I hit the golf course at full strength and I have added at least 30-50 yards to my drives. For me, that is reason enough to keep going to Tri-Fitness.   
-Anita B

I don’t care how bad of a day I have had when I get to the gym all of the bad things that have happened that day disappear and you really see the results!!   
-Tim L.

We moved here a few years ago. I was thrilled that this area had a facility like Tri-Fitness. Tri-Fitness offers a number of different programs.  I particularly like the ball classes, aerobic classes, and conditioning classes. If I can't do one of these, I can always walk on the treadmill for whatever time fits in to my schedule.  Being active and working out at Tri-Fitness keeps me flexible, burns a few calories, and you just can't beat the fun factor. The people are great, they are friendly and helpful.  Beth and Flip are helpful, knowledgeable, encouraging and inspirational.  I'm SOOO glad we have Tri-Fitness.  
-Deb K.

Come join the fun and become a better you today!

715-276-9401