



*Lady of America* (LOA) strives to be a life-changing place for its fitness clients, just as it has been for its owners.

“LOA has truly been a life changing event for me, and I can’t imagine going back to that 342-pound lump on the sofa wishing I had the energy to get up and get a drink,” said Angela Meyer, LOA co-owner, who now proudly wears a size 8. Meyer decreased her body fat by 26 percent while lowering her cholesterol from a dangerously high 228 to a healthy 140.

LOA is the only full-service fitness facility designed and geared specifically to meet the needs of women in the area. Group fitness classes, personal and group training, indoor cycling and reformer Pilates are offered.

We currently have a group of women, between the ages of 30 and 55, who have been working out for five years and have become the best of friends,” said Robin Henry, co-owner. “and for the last 3 years, they have been training for half marathons, along with a variety of group classes.

(LOA) is a great place to find not only a fun workout partner, but a friend who will challenge you every day to be the best person you can be.”

The member-to-employee ratio at LOA allows for individualized attention and training. Members learn how to eat healthy and enhance mind and spirit, physical appearance and capabilities.

LOA is very personal to its owners, both of whom battled and won their war with weight.

“*Lady of America* is my lifeline and it’s my goal to be that lifeline for as many women as I can,” Meyer said. “There is hope out there. Anyone can be fit and healthy, and Robin and I want to let women know that we are and we will always be there to help them.”

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