

Bob & Suann West

Bob & I have been married for a good number of years and we have one daughter and two grandsons. We moved in the Lake Region in 1980 and have always been active in church. For the past 15 years, we have been active members of Orange Heights Baptist Church. Bob is a deacon and previously taught Sunday School there.

Bob was a police officer in Jacksonville and retired after 30 years of service. He then became a bailiff in Alachua County for a period of 5 years. Suann retired from Prudential Insurance Company after 38 years of service.

My two favorite quotes are these:

“Trust in the Lord with all your heart, do not depend on your own understanding. Seek his will in all you do, and he will direct your path.” Proverbs 3: 5,6.

“For I can do everything with the help of Christ who gives me the strength I need.”
Phil. 4:13

While working in Gainesville, our daughter, Roxane, got us involved in a fitness program at a gym, which we frequented regularly. After retirement and a few years, we found ourselves not going on a regular basis due to distance. That's when we looked into what's offered at Genesis Fitness. To our surprise, not only did we find that they have a good number of weight machines, but they also offered yoga and other types of classes. Also, for a small fee, you can even have a personal trainer. For the past several years, we have used the facility on a regular basis. Todd, the owner, is always ready to assist you in any way or answer any questions or concerns you may have. Bob and I feel that not only by working out helps us physically, but it also keeps our joints moving and feeling good. Also, at specific times, we get to meet the same people and there's always a very friendly atmosphere.

Thank you Genesis Fitness for giving us the opportunity to share our story.