

Sarah Thompson

My husband John and I are blessed with three children; Halle(7), Jack(2), and Adaline(1). We live on lake Santa Fe in Melrose with arguably some of the most amazing sunsets you'll see anywhere (ok, our opinion) but seriously beautiful and every-changing. We play on the lake with the kids every chance we get. Boating, paddle boarding, sailing, etc... We love the lake life!

I've worked in HR management for nearly 15 years, the latter at the University of Florida. This past year I decided to put my career on hold to stay home with my little ones. Hands down my kids are my greatest accomplishment yet! It's so rewarding to watch them learn and grow.

After having my daughter Adaline, I was ready to get back in shape after nearly 2 years of pregnancy. In the past I've had gym memberships in Gainesville, but now I prefer to stay closer to home. I remember my first call to inquire about membership and Todd was so friendly. The environment at Genesis is warm and inviting. I love that everyone seems to know each other! There are machines, free weights and classes—all you need for a great workout.

After having children I find this quote to be more true now, than ever. Quoted by Robert Brault: "Enjoy the little things, for one day you may look back and realize they were the big things."