



President– Barry

Spoke Newsletter

Wednesday March 07, 2018

Attendance: 27 (60%) Attendance with make ups: 31 (69%)

Program Wednesday, March 14, 2018

Kiersten Hill, Big Brothers Big Sisters

Program arranged by Rachel Martin

Program Wednesday, March 07, 2018

Anthony Clemons, Assistant Director at the Genesis Health Club

Program arranged by Duane Tappe



Genesis Health Club opened its doors in 1986, in a single location at 13th & West Street, on the west side of Wichita, Kansas.

In 1994 Rodney Steven II, current President and Owner of Genesis Health Clubs purchased the business. Rodney attended Southern Illinois University in Carbondale, Illinois on a tennis scholarship and upon graduation, he continued to follow his vision of pursuing a healthy lifestyle and helping others in his hometown do the same. He recognized the need for a fitness center that was focused on top-quality customer service and personal attention.

It was from this early vision that the service-oriented, results-based training model was born, and Genesis Health Club anchored its rightful place in the fitness industry.

Our goal from the beginning has always been to provide the best customer service possible and to help our members achieve their health and fitness goals with the best program and facilities available. We love what we do, as our passion for health and fitness is growing stronger than ever. GENESIS HEALTH CLUBS will continue to grow, change, innovate, add new services and even add new locations in order to provide the best customer service and facilities possible to our members. Our motto is and will remain Results. For Life.

Genesis made its largest acquisition in club history in the spring and summer of 2016. Four corporate owned Golds Gym locations in the Kansas City market in Liberty, MO, Lee's Summit, MO, Kansas City, MO and Olathe, KS were purchased in late April. Also in 2016 purchased two locations in Lincoln, Nebraska.

Anthony shared his background of growing up in Kansas City in a neighborhood that he definitely wanted to leave for a better environment. He spoke about his family of two brothers and a mother that was always a "nag" in a very good way and paid dividends. Anthony graduated from Emporia State University with a degree in Recreation and Health. Later he earned his Personal Training Certification.

A Rotary Thank You to Anthony Clemons, for a most enjoyable, entertaining, and informative presentation in regard to his background and "tips" on staying healthy.

***Lincoln East Rotary Club
Meetings at Valentino's—70th & Van Dorn
Noon Luncheon starting @ 11:45 a.m.***

March 07, 2018

ANTHONY IS A PERSONAL TRAINING

Our personal trainers are all certified, highly-trained fitness experts. Our personal training programs are designed to empower you and help you meet your goals. It doesn't matter if your focus is on weight loss, fitness training, balance and flexibility, speed and stamina or all of the above. We'll create a custom plan just for you. We will provide a fun and constantly evolving path to help you reach your health and fitness goals.

Our goal is to motivate, educate and ultimately to help you look and feel better. Regardless of your primary motivation to begin an exercise program, our personal trainers can design a safe and effective plan with your specific needs in mind.

For maximum results, many of our members chose to perform a series of personal training sessions. Each club offers a variety of trainers with different skill-sets to ensure every member will be delivered the best programming and inspiration. You'll get more than just a great exercise program. Our staff will help you improve your body composition, strength, endurance, flexibility, stress level and many other key factors that will help you look better and feel better every day.

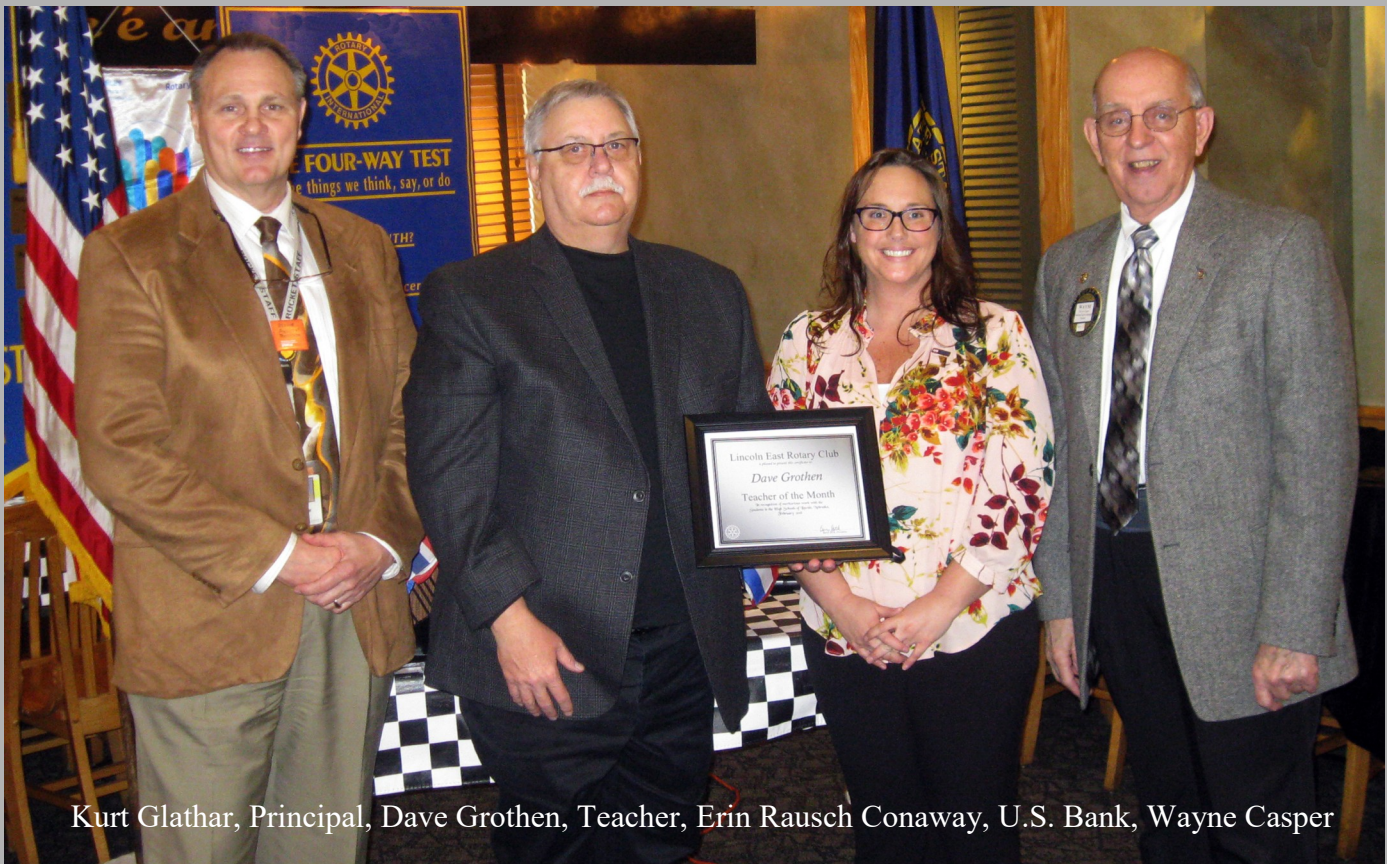


Duane, Anthony said he set this as your goal, "hang in there"

Lincoln East Rotary Club

Teacher of the Month—February 2018

Dave Grothen— Lincoln Northeast High School



Kurt Glathar, Principal, Dave Grothen, Teacher, Erin Rausch Conaway, U.S. Bank, Wayne Casper

Lincoln East Rotary Club Members extend a sincere thank you and congratulations To Dave Grothen as an outstanding teacher in Lincoln High Schools.



Anniversaries & Birthdays

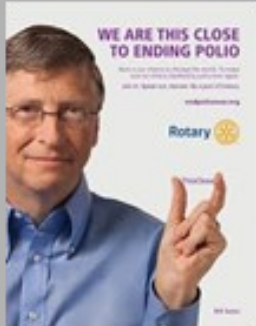
Weeks of —March 8—14

Birthdays:

NONE

Anniversaries

NONE



Happy Dollars

Al Burdick	\$ 5.00
Jason Smith	\$ 1.00
Charles Erickson	\$ 1.00
Deb Durre	\$ 5.00
Dick Cumming	\$ 1.00
Dean Douglas	\$ 2.00
Barry Stelk	\$ 5.00
TOTAL	\$20.00



Greeter Duty

March Ed Stivers
April John Garrison

Make Ups

Blake Collingsworth
Darrel Huenergardt
Milt Schmidt
Greg Schnasse

Sum Fun Picnic
Another Meeting
Park Painting
Another Meeting



Cashier Duty

We need volunteers for the following:

March—OPEN

Please contact Dick Cumming

Guests & Visitors

Merrilea Anderson
Kurt Glather
David Grothen
Erin Rausch Conaway

Steve Grosserode
Principal
Teacher
U.S. Bank

NOTICE

*If you need a receipt for donations made to the
Lincoln East Rotary Foundation, contact
Ozzie Gilbertson*

Lincoln East Rotary Club—(March Speaker Schedule)

March 14—Kiersten Hill, Big Brothers Big Sisters—Rachel Martin
March 21—Todd Ogden, Downtown Lincoln Association—Rachel Martin
March 28—Angela and Teresa, Clinic with a Heart—Rachel Martin

*Lincoln East Rotary Club
Spoke Newsletter
Published by Wayne Casper*