

Joycelyn & Rolly

Quick

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Rolly and Joycelyn Quick are Solara’s couple of the month. Since joining the club they have achieved “a high level of fitness, an increase in energy, stamina, and a better immunity to colds and viruses.” In addition to all of these wonderful benefits, Rolly has maintained his weight with his workouts ...thanks to Abbey and her fabulous interns!

Joycelyn received her masters in nursing and education and is now a retired nurse and avid exerciser. Just a few of the things she likes best about Solara are the friendly, interested and knowledgeable staff.” She enjoys the variety of activities offered as well as the massages that she deserves after her workouts. Rolly keeps active during his retirement by volunteering at the Grapevine Sr. Center teaching computer courses and ushering at the Bass Performance Hall in Ft. Worth. Their family includes three daughters- Kerry, Sue and Kate, two sons- Andy and Scott and six grand kids- three girls and three boys ages 3-1/2 – 12 years. Some of their hobbies, besides exercising, include volunteering at Bass Hall as ushers, learning to play bridge, traveling, going to Church and going to the Dallas Symphony.

Rolly describes the things he likes best about Solara as, “the up to date equipment, clean facilities and of course, the competent and friendly trainers.” His motivation for consistently making physical activity a part of his life comes from a family



Members since August 1998

WORKOUT	
Rolly	Joycelyn
45 minutes of cardio that include the recumbent bike and the treadmill 6 days/week	Water aerobics 3 times/week
20 minutes of weights	Yoga 2 times/week
Crunches and stretching 6 days/week	Patricia’s Power Lunch class on Friday

history of heart disease, including having two coronaries himself. Rolly believes that “fitness is an investment in time and the medical benefits are well documented.” Joycelyn keeps motivated by knowing that she will feel better every time she works out and because of this she is overall a happier person. Joycelyn’s advice to beginners is, “be consistent and patient as it can take time to appreciate the benefits and rewards of exercise. Equally important are the feelings of personal well-being.”