



*"... Now I am introducing the Works to my granddaughters, starting with swimming lessons!!"*

*-Susan Williams*

*March is National Women's History Month!*

**HERE'S TO WOMEN'S ACHIEVEMENTS THROUGHOUT HISTORY- AND SOME LONGSTANDING GROUP FITNESS EMPLOYEES HERE AT THE WORKS!**

### **Susan Williams**

**25+ Years at The Works**

During high school and college I was a dancer, so I was always active. I discovered group exercise after.

When moving to the Seacoast, I made sure The Works was close enough for me to be a member. Shortly after the birth of my daughters, I became a certified instructor and Kim McCauley hired me to teach step. ***To this day, although I enjoy many different types of classes, step is still my favorite.***

Both my daughters grew up coming to The Works - playing in the Playhut, taking lessons, attending camps, participating and teaching group exercise. Now I am introducing the Works to my granddaughters, starting with swimming lessons!

***I love when people say, " The class was fun and went by so fast," When people have fun, they want to come back and the more the come, the better they feel and then they are hooked... just like me.***