

September 2017

Dear Friends of Quality Fitness Mukilteo,

It is with very mixed emotions that I'm writing this letter to let you know I am leaving Quality Fitness Mukilteo, with my last teaching day September 22. I am so very grateful for your trust in me over the years.

Just a little history, I started out as an out-of-shape gal in 2003 who had a history of never taking time for herself. I found Synergy Personal Fitness that summer. I signed up for a few Pilates classes along with some Spinning classes. These classes and the owner, Robin, helped me change my life for the better. The summer of 2004, I quit my "real" job (benefits, vacation, sick leave...) to work as a fitness instructor & personal trainer. On a whim, I purchased the business from Robin late in 2008 as she was moving on to other opportunities. We opened the doors on January 5, 2009, naming the business Quality Fitness. I am forever grateful to each of you for being willing to follow me on this adventure, and it's been fun and we've had some good challenges, too. Each day has gotten better. I cannot say enough about Dayna Baker and her support of me along with her skills as a top-notch teacher. She made operating the business possible. There are several other teachers who really helped make this a special place including Rene' Porubek and Alan Tharp (both current Spin instructors). And of course, Dave Matthews came along at just the right time. About 4 years ago, Dave showed up at the gym door asking if I needed a personal trainer to work at Quality Fitness. I said something like, can you start tomorrow? And I think he said yes. Sometime soon after that, I mentioned that I may be interested in selling the gym at the end of my lease in 2 or 3 years. A couple of years later, Dave came to me and asked if I was still interested in selling. I said yes, and we began the work for him to take over as owner on January 1, 2016.

I have the utmost confidence in Dave and his ability to build his business and I trust you will continue to give him your support. I am grateful for the past 19 months working for him – this has allowed me to stay connected with you and to have fun with "Three Dog Night Friday", "Laughing Pilates" (Wednesdays at 10:15am), and as I've gotten to know you, to be able to offer each of you a special touch of caring to help you accomplish your fitness goals. I will treasure you in my heart for years to come.

As it is said, there is a season for everything, and I'm certain that there is a new season on the horizon for me. For one, my daughter and son-in-law are expecting their first baby in a few weeks, and I can't wait to meet the little guy and become a grandma! For another, the idea of having the flexibility to go on a mid-week hike or bike ride, or to have lunch with friends is very appealing. Becoming retired is a process for me and this is a huge step. I plan to continue to live in this area, and lunch with friends (or a walk, or a hike, or???) is very appealing. Just sayin'. 😊

Love,

Kay Peterson