

## Life Time - Video Production | Meet Josh G.

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I started with Life Time in 2010 as a trainer and moved my way kind of through the ranks of leadership and then became a PT manager in 2012. I did that for two years in Lenexa, Kansas, then moved to Des Moines to help grand open here. Kind of coming to a new market in a small town, smaller town, and establishing ourselves as a presence and made them able to connect with members of the programming. Obviously, state of the art facilities help as well. But really the people brought this place to life.

You know, I've been really fortunate to have a lot of people through PT move up out from my clubs and being an area manager and helping people in other departments in other cities as well. Combining family life, workouts, well, beyond just what you do for your sweat session that day, giving us an opportunity to kind of pursue goals and have ever changing goals that, you know, we have everything we need to be able to do that.

Every day we're here to change someone's life, and that might be make them smile when they walk in, have a great workout on the second floor, and speak to them by name on their way out, start to finish, all the way around.