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Savannah Quarters® Employee Spotlight: Lisa Banks, Fitness Manager and Head Personal Trainer

There are so many incredible amenities at Savannah Quarters® to enjoy every day, especially the fitness and activities provided at The Club. Lisa Banks is enjoying her fourth year as Fitness Manager and Head Personal Trainer, and she tells us her favorite part of the job is the people. "Each person has value. I enjoy hearing their stories and learning from their life experiences. I also love sharing my knowledge of fitness with them."

As exercisers of The Club at Savannah Quarters already know, there is golf, tennis and swimming. However, Lisa's personal routine may inspire those wanting to switch up theirs or even begin a fitness regimen altogether. "I wake up my brain and muscles in a spin class here. After that, more group fitness, and in the evening after working in the fitness center, I go swimming with my daughters or hit the range with a friend," said Lisa. She also leaves enough time to play a board game with her family before everyone goes to sleep.

Lisa is Ohio-born, Alabama-raised, and Virginia-schooled with a degree in Exercise Science. Her experiences even include teaching physical education. When asked about her favorite part of Savannah Quarters, she replied, "The fitness center, the pool, the golf course, The Club and the homes! Savannah Quarters is SO SO beautiful!"

Lisa's background in fitness keeps her and her family on the move, especially when she is off from work. "My family and I enjoy all things water and beach – beach volleyball, surfing, blue crabbing, scalloping and boating." She also relishes moments with her husband, a huge Georgia Bulldogs fan, over a glass of wine. And perhaps one final fun fact about her – Lisa is also a budding golfer.

At The Club, Lisa is a constant presence throughout the day, checking in on various fitness groups and with her staff of attendants making sure the fitness center is running smoothly. If you are ready to get fit, consider becoming a member of The Club. Whether you are in the mood to take part in a Spin® Class or would like to have tips for eating healthier, Fitness Manager and Head Personal Trainer Lisa Banks can offer that and so much more. The Club is open Tuesdays through Sundays.