

Hello. We are Denny & Maggie Wonsick, owners of Train Yard Gym & Fitness. We are natives of the Harrisburg, PA area. Maggie was the 1986 Trinity High School class valedictorian, which earned her several scholarship opportunities. She chose to accept an ROTC scholarship offered by the U.S. Air Force. As a result, we were uprooted and sent bouncing about the country for nearly ten years. It was a great experience. However, in 1997 we had our first child (Brock) and decided that we wanted him and any siblings he may end up having (Darcy & Emma) to grow up in the Harrisburg area. This is where our family is and we want our children to grow up knowing their aunts, uncles, grandmas, and cousins. So



Maggie gave up her successful military career, along with a very respectable annual salary, and in November of 1999, we packed up our belongings and moved back to Pennsylvania to be with family.

As far as my background goes, after bouncing from job to job due to Maggie's involvement with the military, I started attending college at Anne Arundel Community College (AACC) near Baltimore Maryland. We were then transferred to Offutt Air Force Base in Nebraska where I finished my four-year degree at the University of Nebraska at Omaha. I majored in accounting and maintained a respectable GPA while working part-time to finance much of my education costs. Since returning to Harrisburg, I had been working as a junior accountant and have come to the following conclusion:

Sitting behind a desk for 9 hours a day is not for me!



So I decided to explore other avenues and to be quite honest with you, the prospect of owning a gym had me extremely excited. Fitness had always been an important part of my life and any of you who know Maggie should know that owning her own gym is a perfect fit.

As far as our fitness background goes, Maggie has been weight training for 25 years and I have been lifting for about 30 years (off and on). I have also instructed aerobics classes for a local health club called Fitness America and Maggie was in charge of fitness training for cadets in the Air Force ROTC program. We have belonged to several gyms in the Harrisburg area and are

friends with many of the local lifters. When Maggie was in the military, we were stationed at four different bases and were regular fixtures at the base gyms. We always seemed to attract other lifters asking us, "How do you work this muscle?" or "What does that exercise work?" Basically, we were unpaid personal trainers. At any point in time, we could be found leading small groups of "deconditioned" lifters from exercise to exercise just because they didn't know quite what to do and had asked for our help. We believe there is NO SUBSTITUTE for experience and it is that experience (over 50 years combined) which we are happily willing to pass on to our members.