

Meet the people at the Activity Center!

Rick Ballew

Rick is a district music teacher and has been an Activity Center member for the past 12 years. He was motivated to make some life-style changes in advance of his first child being born. With a combination of diet change and strength training, Rick managed to drop 50 pounds and now has the energy to keep up with his kids!

**Are you interested in becoming a member of the Activity Center?
Give us a call!**

Kennedy Activity Center
952-681-5280

Jefferson Activity Center
952-806-7880