

Employee Showcase Profile Long Beach Fitness Center May 2008

Robert Lockney has been a Boeing Employee for 23 years. He is a Contract Administrator in Long Beach. Robert began utilizing the Seal Beach fitness center, Huntington Beach fitness center, and is currently one of Long Beach fitness centers more frequent gym participants. Robert's work ethic and dedication proves his ongoing commitment to health and fitness.



Robert began exercising as a youth mostly involved in sports. As an active individual he understood the value and importance of exercise. Robert began to resistance train as early as the 8th grade and has been doing so ever since. Some of Roberts's accomplishments have been running in 3 LA Marathons and the 1987 Long Beach Marathon. Robert became a huge fan of Step Aerobics, a simple low to high impact aerobic workout performed at a moderate intense level. Beatrice Walton, group exercise cycling instructor here at the Boeing Long Beach Fitness Center is one of Robert's motivators in achieving many of his fitness goals.

Goal setting has been Robert's main guideline in achieving total fitness. Robert's goal is to compete in a Triathlon. To prepare for this, he plans to attend 3 cross fit classes and 6 cycling sessions a week.

Robert's work ethic and determination will allow him to achieve his triathlon goal. His commitment to maintain and improve his health is admired by the Fitness Center Staff and his colleagues. His workout intensity and his high power exercises radiate energy throughout the gym motivating others around him. Congratulations Robert for being selected our Fitness Club Standout for May.