

A LIFETIME OF SERVICE

Born to **Willie and Ruby Shields, Gary O. Shields Sr. the Owner of God's Gym Oakland for 40 years** has come from a long line of entrepreneur, trailblazers, and community servants, all the way back to his Grandfather owning a barbershop in the early 1900.

After experiencing his father and mother sell all that they had and move into a small two bedroom apartment in the Richmond Ghettos to open a Nursing Home, because of his mothers desire to care for the elderly that she seen as a young nurse being constantly neglected, in which may I add "Is still owned and operated by Gary's older brother **Willie Shields Jr.**" and is one of the only five star rated facilities in the state of California. In spite of the Nursing Home business being very successful, Gary like his father and mother set to carve out his own path of community service in the Fitness Industry, and is the founder of the "30 minute personal training concept" dating back as early as 1982.

Shields has trained literally thousands of clients in his **40 years** and served tens of thousands of people in the Bay Area and Abroad, through the **community church** that his **father, mother, and himself started 34 years ago** in the Bay Area, and presently pastored by his older brother **William Shields Jr.**

Shields has not only been serving the community all his life in one form or another, but has been involved in athletics all his life as a young baseball player in peewee leagues, amateur boxing champion, high school football player, and a champion of Five Local and Regional Body Building Championships, before he retired to run his business and raise his family in 1987. Shields also has trained **37 bodybuilding champions**, including **two Mr. California Champions, and four Champions that went on to turn Pro.** Shields no longer concentrates his attention on competitive body builders and physique competitors, but rather on ordinary people who want to get into extraordinary condition. Which is boldly seen on the Mission Statement when you walk into God's Gym that states **"We are committed to getting ordinary people into extraordinary condition in a loving and supportive atmosphere that will bring glory and honor to God."**

To sum it all up **Gary O. Shields Sr.** comes from a long line of servants that **authentically and genuinely CARE about their community.** Now as Gary senior begins to transfer his business to **Gary junior** to operate full time, **he has taken on a much larger mission** in the last season of his life which is at the heart of the mission and coaching classes of **Free Indeeds Coaching Classes.**

