



William P. Lennon

Willam (Bill) P. Lennon, founder of the Aerobics Club. He had a fascinating life. He was born in Brooklyn, NY in 1909. He passed November 1, 2003. He was buried at the National Memorial Cemetery of Arizona Phoenix, AZ.

In 1942 he enlisted in the Army and fought in World War II. He served under General Patton with the 69th Signal Battalion in Europe. He received a French Medal for his participation in the Invasion of Normandy.

Bill believed in movement and athleticism. He said that exercise is part of a healthy life-style. To maintain its benefits, you must exercise on a daily basis. He coached Boxing and wrestling at "Eager Beaver Boys Club," and the YMCA in Albans, New York.

He moved to Sun City with his wife (Margaret) in 1973. Shortly after, he began the Aerobics Exercise Club in his backyard. The club grew quickly so it was moved to Mountain View. As it grew, the club moved to Bell Recreation Center where it still remains. He received numerous awards, Governors' Fitness Award and the Presidential Citation to name a few.

Bill Said, "Exercising everyday keeps our minds and bodies in good shape."