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Subject: Re: Workout Music

Posted by [Rusty](#) on Fri, 09 Nov 2018 15:59:25 GMT

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I'm fortunate to go to a gym where there's a d.j. of sorts. He brings a boombox and plays c.d.s he's made and commercially made. I'm also fortunate to like his personal taste in music. He's old school, playing a mix of soul, r&b and a little bit of rock. A wonderful character whom entertains by grooving to the music with dance even. (Part of his exercise routine no doubt).

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