

October Participant of the Month
Martin Shotzberger

“Actions have consequences.” These words come from our Participant of the Month, Martin Shotzberger.

Martin Shotzberger is in his 30th year working for Boeing Company/Rockwell as a Software Engineer. Currently situated at the Huntington Beach site, Martin has previously worked at Seal Beach and Downey. Born in Virginia, Martin received his Bachelor of Science Degree in Physics from Virginia Tech. Growing up in a military family, he has lived in Denmark, Maryland, California, and Japan.

Martin has been using the Rockwell/Boeing fitness centers since the 80s. A frequent user of the Seal Beach Fitness Center, Martin maintains a consistent 3 day workout routine for duration of 60 minutes. Emphasizing on the Nautilus weight machines and recumbent bike, Martin’s motive is to continue to have a healthy and active lifestyle.

Aside from working out at the Seal Beach Fitness Center, Martin takes pleasure in electronics, cabinetry, music and traveling. With electronics, Martin is fond of instrument design. As for cabinetry or woodworking, Martin has build 12 pieces of furniture ranging from cabinets, book case, tables, and desk. He applies an oil based finish to his craftsmanship. In addition to his hobbies, Martin is known for cooking brownies, cheesecakes, and pecan pies from scratch. Finally from his array of hobbies and activities, Martin loves to travel across America. He has completed 4-5 solo road trips where he would camp out in various national forests such as the Sierras. In the future, he would like to travel the northeastern side of the United States.

Through commitment and “doing it for your own reasons,” the Seal Beach Fitness Center acknowledges Martin Shotzberger as October’s Participant of the Month. Congratulations!