



Lynne Marion Renshaw

December 21, 1956 - June 10, 2019

Lynne Marion Renshaw, 62 of Salunga passed away Monday morning, June 10, 2019 at Hospice & Community after a courageous fight against cancer . She was born in Lancaster on December 21, 1956, daughter of the late John Lloyd and Arlene Moody Renshaw. Lynne was the very loving companion of Raymond P. Geist.

A 1975 graduate of Manheim Township High School, she went on to become a flight attendant for 5 years. Lynne was a cocktail waitress at the former Treadway and Travellodge in Lancaster. During this time she discovered the gym and the world of body building and was hooked.

Lynne competed in NPC Body Building Competitions, winning locally, statewide and regionally. Most recently, she competed in the USA Powerlifting Organization. She set over 30 state records, won PA State titles 5 times, set 9 American records, and won 2 national championships. Lynne represented Team USA on two occasions: The North American, which she won, and also Worlds, where she became the World Bench Press Champion. Lynne always said she could not have done this without the tremendous support she received from her Separation Training teammates and Coach Jere Hess. Lynne loved people, animals, a good meal, and the beach. Because of her love for people and lifting weights at the gym, she combined them to become a personal trainer. Helping people to look and feel their best was truly rewarding to Lynne. Most recently, she worked at Formula Fitness and Mt. Joy People.

Lynne will be dearly missed by her companion Ray; her feline friend, Rebel; her brother, Geoffrey Renshaw of Baltimore and many dear friends.

Family and friends are respectfully invited to attend Lynne's service on Friday, June 14, 2019 at 3PM from the Melanie B. Scheid Funeral Directors & Cremation Services, 3225 Main Street, Conestoga, PA with Pastor Mark Thiboldeaux officiating. Friends will be received at the funeral home from 2 to 3PM on Friday. Please omit flowers, memorial remembrances may be made in Lynne's memory to the Columbia Animal Shelter, 265 S. 10th Street, Columbia, PA 17512. For further information, please call 717-872-1779 or to submit an online condolence visit <http://www.melaniebscheidfh.com>.

Melanie B. Scheid Funeral Directors &

Cremation Services
Conestoga & Lancaster

Events

JUN Visitation 02:00PM - 03:00PM

14

Melanie B Scheid Funeral Directors & Cremation Services, The Gundel Chapel
3225 Main Street, Conestoga, PA, US, 17516

JUN Memorial Service 03:00PM

14

Melanie B Scheid Funeral Directors & Cremation Services, The Gundel Chapel
3225 Main Street, Conestoga, PA, US, 17516

Comments



“ Lynn was a great trainer and she always had others first. She will be missed by her girls at Village Grand! We do love her and her gifts to us. She always talked about Raymond and how he was so good to her. So sorry for your loss.
Jim and Gail Foulk

Gail and Jim Foulk - June 15, 2019 at 10:01 PM



“ Lynn I will miss our talks at work. They were always interesting and ranged the gamut of topics. I was glad to help you plan your trips and find new roads to take leading to discovering new and exciting places to enjoy. I know you are in a better place. Till we meet again. Robert Young



ROBERT A YOUNG - June 14, 2019 at 05:19 PM



“ Having a hard time believing your no longer with us. Miss you working me out. Everywhere I look around the gym I see you or hear your voice of encouragement. But I'm at peace knowing you are no longer in pain. I Love You! Blessings to Raymond & Rebel as they mourn the loss of their great love.

Becky Glick - June 13, 2019 at 08:57 PM



“ Lynn always had a smile on her face. She helped many people out in their fitness journey and in life. She was a great motivator. She more then a trainer she a friend to all. No matter how you felt when you showed up to work with her, you want to be there and work hard once you were with Lynn. My thoughts and prayers are with you. Remember she will always be with us in what we do and say and watching us.

Renee - June 13, 2019 at 10:23 AM



“ I worked with Lynne many years ago at the Lancaster County Racquetball Club. She was a spitfire, full of energy, encouragement, and a belief that everyone was better than they believed themselves to be. Her dedication to good health and fitness was something to be commended. She touched many lives throughout her life, and for that she will forever be remembered.

Tracey Mimnall - June 12, 2019 at 08:46 AM



“ I too was fortunate enough to know her and workout with her! She definitely was a Spitfire! She definitely knew his stuff without a doubt!! She had a lot to offer anybody who was interested in improving themselves. She definitely was very encouraging and fun to be around !!

Debbie Huegel - June 12, 2019 at 05:11 PM



“ I am going to miss seeing and talking with Lynn at the gym. She was such a positive person....the kind you look forward to connecting with. She knew everyone's name and everyone knew and loved her. Her Spirit lives on. I will never forget her and am honored our lives crossed.

Louise Hull - June 13, 2019 at 06:09 PM



“ Ray,
I was so saddened to hear about the passing of a truly wonderful person. When skies were cloudy Lynne brought sunshine, when down, Lynne brought hope. Lynne always brought sunshine into the lives that were fortunate enough to know and love her.

I will always have then fondest of memories of Lynne, whether at the Travel Lodge or at Formula Fitness or just in passing on the street. When you knew Lynne you knew you had a true friend See will be missed by all who were fortunate to have known and shared her life.

Mike Horn

Mike Horn - June 12, 2019 at 08:08 AM