



Luis Fernando Arenas

July 6, 1942 - March 19, 2024

Luis Fernando Arenas, 81, of Medellin, Colombia, passed away of complications of Parkinson's disease on March 19th, 2024 in Ocala, Florida.

Luis Fernando was born in Medellin to Luis Alfonso Arenas and Maria Dolores Mesa on the 6th of July, 1942. He was extremely passionate about health and exercise. As a teenager he took on body building, winning the title of Mr. Colombia Junior in 1959. He attended military school graduating in 1964. He went on to join the Colombian National Army and became a distinguished member of the Lanceros, an elite Special Forces unit dedicated to countering guerrilla warfare. Upon retiring from the Colombian National Army he married Gloria, his beloved wife of 54 years and he co-founded El Molino (later renamed to OPSI) a health center that offered aerobics, strength training, nutrition, swimming and gymnastics. Upon relocating his family to Bogota in 1986, he opened a smaller scale gym, which he operated until retiring in the year 2000 when he relocated to the United States. He was always passionate

about people

reaching the goal of optimal health and happiness through fitness, and healthy living. He

inspired many with his passion for life, unending sense of humor, and loved spending quality time with his family.

Luis Fernando is survived by his wife Gloria Arenas (Fandiño), his children Monica Beaton

(Arenas), Carolina Arenas-Comte and Alejandro Arenas; sons-in-law Jeff Beaton, Pascal Comte

and daughter-in-law Lindsay Arenas (Lovelady); his grandchildren Matthew and Andrew Beaton,

Nicolas, Pablo and Lola Comte, and Mateo, Diego and Amelie Arenas. He is preceded in death

by his parents Luis Alfonso Arenas and Maria Dolores "Lola" Arenas (Mesa); his brothers

Alfonso and Jaime Arenas.

A celebration of life will be held at Robert's Downtown Chapel in Ocala, FL. on March 23rd,

2024 at 3:00pm with Pastor Paz officiating. Roberts of Ocala Funerals and Cremations will be

handling the funeral arrangements.

Previous Events

Celebration of Life

MAR **23**. 3:00 PM - 4:30 PM (ET)

Roberts of Ocala Downtown Chapel

606 SW 2nd Ave

Ocala, FL 34471

(352) 780-1267

<https://www.robertsfunerals.com/>

Tribute Wall

AH

“ Ana H. planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Luis Fernando Arenas.

Ana H. - March 23, 2024 at 01:59 PM

GM

“ Gloria, Mark, & Luna Munoz-Feinman purchased the Beautiful in Blue for the family of Luis Fernando Arenas.



Gloria, Mark, & Luna Munoz-Feinman - March 23, 2024 at 10:16 AM

GM

“ Gloria, Mark, & Luna Munoz-Feinman planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Luis Fernando Arenas.

Gloria, Mark, & Luna Munoz-Feinman - March 23, 2024 at 10:16 AM

DC

“ En mi mente y en mi corazón has ocupado y seguiras ocupando por siempre un lugar muy especial. Aprendí observandote, el valor de combinar gentileza y potencia en el desempeño de los deberes. Tu generocidad y calidez han sido algo ejemplar y único. Expreso a Dios mi gratitud por haber permitido que esta vida mia se haya cruzado con la tuya. Este mundo fue bendecido con tu presencia. Hasta siempre, gran maestro, te buscaré cuando sea el momento

Daniel Carvajal - March 23, 2024 at 09:42 AM

LC

“ Carolina and family, Very sorry to learn about the loss of your father. With hopes the happy memories will carry you through the ocean of grief you must be feeling. Sending hugs filled with courage, Lisa C (and Peter)

Lisa C - March 23, 2024 at 06:37 AM

LC

“ Lisa C. planted a grove of 3 [Memorial Trees](/store/Product.aspx?ProductId=4518) in honor of Luis Fernando Arenas.

Lisa C. - March 23, 2024 at 06:33 AM

RB

“ Remi B. planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Luis Fernando Arenas.

Remi B. - March 23, 2024 at 06:01 AM

LA

“ Labarr A. planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Luis Fernando Arenas.

Labarr A. - March 23, 2024 at 04:37 AM

SM

“ Sergio, Angela y Mariana. purchased the Beautiful Dreams for the family of Luis Fernando Arenas.



Sergio, Angela y Mariana. - March 23, 2024 at 01:03 AM

SM

“ Sergio, Angela y Mariana. planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Luis Fernando Arenas.

Sergio, Angela y Mariana. - March 23, 2024 at 01:03 AM

BA

“ Baptiste Candice Perrine Basile & Alice purchased the Full Of Love Bouquet for the family of Luis Fernando Arenas.



Baptiste Candice Perrine Basile & Alice - March 23, 2024 at 12:41 AM

TA

“ Tita, Cami, Bibi, Xime, Vari Fandino A. purchased the Beautiful in Blue for the family of Luis Fernando Arenas.



Tita, Cami, Bibi, Xime, Vari Fandino A. - March 22, 2024 at 10:08 PM

TF

“ The Forrest family purchased the Medium Dish Garden for the family of Luis Fernando Arenas.



The Forrest family - March 22, 2024 at 06:02 PM

SL

“ Sophie L. planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Luis Fernando Arenas.

Sophie L. - March 22, 2024 at 05:44 PM

JC

“ Jaime / Ruben / Juan Carlos purchased the Arrive in Style for the family of Luis Fernando Arenas.



Jaime / Ruben / Juan Carlos - March 22, 2024 at 05:12 PM

MF

“ Recordamos con mucho cariño a nuestro Tío y cuñado Fernando un ser humano muy lindo, especialmente por su alegría y buen humor. Muchos besos y abrazos a la Tía Gloria y a toda la familia en estos tristes momentos. Los queremos mucho. Familias Fandiño Cardoso, Sánchez Fandiño, Pérez Fandiño, y Devesa Fandiño

Marcela Fandiño - March 22, 2024 at 04:12 PM

LH

Querido Luis Fernando estás en presencia del Amor del Padre, y estás recibiendo los beneficios de una vida en la que enseñaste con tu ejemplo y tu alegría, el placer de la Salud por medio de un “VIDA FELIZ”. Hoy honro tu paso por nuestras vidas, agradezco lo aprendido y valoro tu maravilloso legado. Siempre en mis mejores recuerdos. Luz Mirian Botero

Luz Mirian Botero Henao - December 11, 2024 at 02:45 PM