

It's easy to stay fit in the Grand Traverse area

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Searching for a health and fitness center to make those New Year's resolutions a reality? There are a variety of health facilities to fit most people's needs.

"Our step, circuit, resistance, and cardio boxing classes are very popular, and we offer 25 classes a week, so we can accommodate people's schedules," said Arianne Petersen, an employee at The Sweat Shop Gym and Aerobics in Traverse City.

"Plus, we offer spinning and full cardio and weights, both free standing and machines."

The Sweat Shop also provides day care services during its classes, and certified personal trainers. The Sweat Shop's member rates begin at \$35-\$40 per month, depending on whether people want unlimited use of the facilities.

For those interested in fitness but worried about the impact on joints often associated with aerobic activity, Ultimate Fitness in Traverse City may have the answer.

"We offer no-impact fitness classes, aerobics or total body conditioning classes," said owner Dale Carpenter. "Plus, our treadmills are cushioned for those who like to walk or run indoors."

Ultimate Fitness also offers a pool, yoga, free weights, weight machines and cardio theater.

Ultimate Fitness' member rates are \$399 per year with a one-time \$75 start up fee. Those interested can try Ultimate Fitness free for two weeks by showing a valid driver's license. Because Ultimate Fitness is a national franchise, membership can be used at any location.

To train with nationally qualified bodybuilders check out Fit for You, Inc. in Traverse City.

"The experience of our staff definitely sets us apart," said Steve Rife, personal trainer. "The owners, Jeff and Vern Gauthier, have been in the body building



business for nine years, and their experience shows."

Jeff and Vern are both nationally qualified body builders, and Vern has earned a Pro Card - membership in the international federation of body builders. Likewise, Jeff has competed at the national level as an amateur. Fit for You, Inc. offers a wide variety of Precore free weights, weight machines, and cardio equipment. Fit for You, Inc.'s member rates range in price dependent on whether customers sign up for personal training sessions or on-their-own gym sessions.

If interests run more toward pumping up, Powerhouse Gym in Traverse City offers more than 20,000 square feet of weights and weight and cardio machines.

"Our facility is climate controlled with ionized air," said Norm Schaub, owner, trainer and therapist, "so the stuffy smells often associated with other gyms aren't a factor here."

Powerhouse has nationally certified personal trainers to assist guests. Member rates are \$250 per year with no initiation fees. Because Powerhouse is a national franchise, membership can be used at any location.

For those looking for an alternative exercise regimen, Pilates is available at The Fitness

Center in Traverse City.

"Pilates is an exercise regimen similar to yoga, but it also works abdominal and lower back muscles, lengthening them and aligning the spine," said Dursa Marshall, certified personal trainer.

In addition, The Fitness Center offers a full spectrum of free weights, weight machines and cardio equipment, as well as Tae Kwon Do and nutrition classes, personal trainers, physical therapy and a golf program.

The Fitness Center's member rates are \$43 per month or \$430 per year. Northwestern Michigan College's Health and Fitness Center in Traverse City offers a wide variety of aerobic and strengthening programs. Aerobic dance, workouts, and step classes are taught, as well as Forever Fit, a low-to-no-impact class geared toward older adults that is comprised of stretching, toning, and walking.

"The Forever Fit class offers older adults an opportunity to become more physically fit without the impact on joints that are associated with other aerobic classes," said instructor Maggie Quinn.

In addition, a fitness circuit approach is taken toward overall health and fitness.

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