



Gyms' new additions can help subtract your recent gains

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"What's even more exciting is our programming, especially in group and family fitness," said Van Deirse.

For example, the first Friday of every month is Family Night from 6-9 p.m. Where families can tackle an obstacle course that is a spin-off of the Y's boot camp, then go from one event to another and work different body parts. It's oriented to be fun for all ages and every night has a theme, like the Family Snowshoe Outing, slated for Feb. 8.

For more information, call 933-YMCA.

A new facility is in place at Centre Ice in Traverse City. Called Centre Ice Fitness, it is owned and operated by Helayne and Terry Marchand.

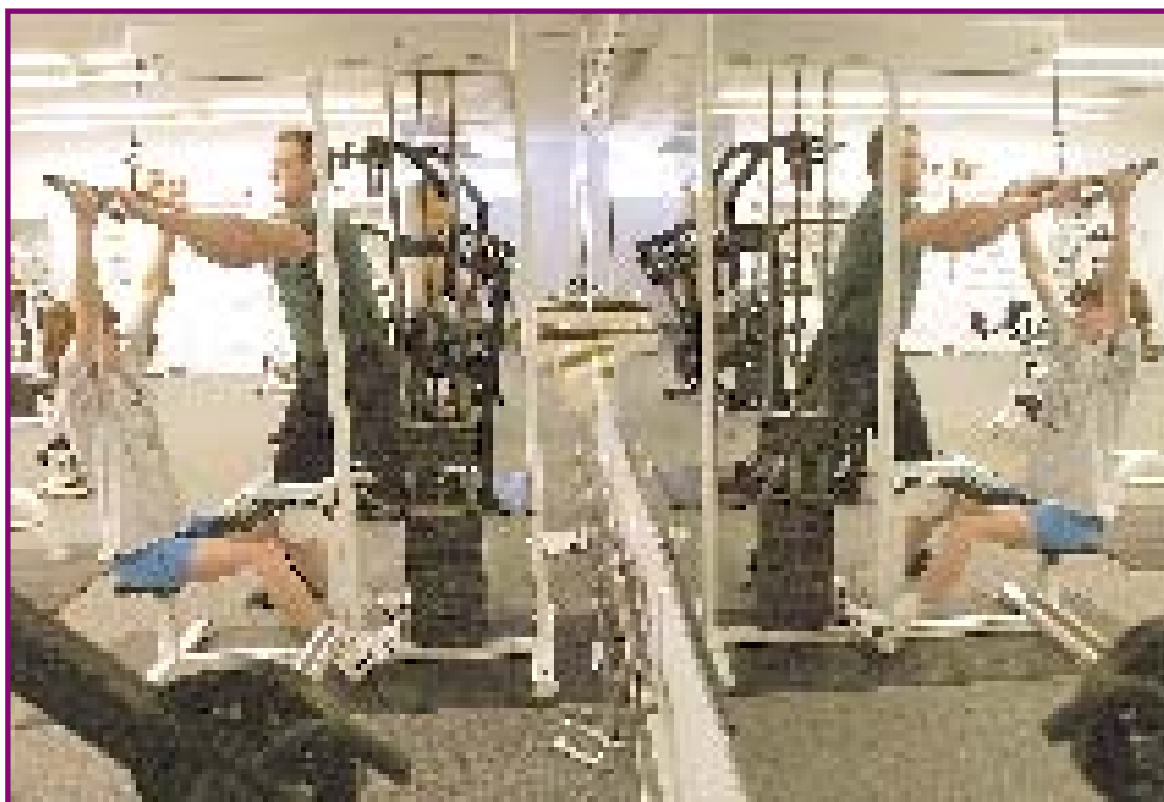
Record-Eagle/Elizabeth Conley

Connie Burst of Traverse City gets some assistance from Fit for You trainer Mitch Repke in Traverse City.

Formerly the site of Fit For You, this new facility opened its doors Dec. 15.

According to Helayne, among its many features are a full line of LifeFitness Selectorized Resistance equipment (machines where you can program pertinent information for a personalized workout; multistation-additional resistance equipment; a Smith machine with free weights; and other pieces geared for any level of training or ability.

There are also 19 pieces of cardiovascular equipment, including treadmills, cross



trainers ellipticals and stair climbers.

Also available is personal training by certified personnel and group exercise options from yoga to aerobics.

"We take a lot of time with our members to orient and create a program for them, and we'll continue to work them as long as they want help," said Marchand. "We want you to

come and feel comfortable, to not be bored and to make your training complete."

Marchand added that it's important to be physically active during all seasons of the year and to be consistent in an exercise regimen, whatever form it takes.

"No matter what you do, be sure that resistance and regular cardiovascular exercise

are in your routine," she said. "Your whole body just works better that way."

Jeff and Vern Gauthier are brothers who have been in business with Fit For You since it began in 1986 in Elk Rapids. They moved from Centre Ice in July to their current location in Traverse City on South Garfield Avenue in Traverse City, nearly doubling in size from their previous location.

Vern said that they now have larger locker rooms, a cardio exercise room and have been able to "add new equipment, new faces and trainers."

Some of their services include personal training, memberships, free weights, machines for all body weights, a Fitness Cinema system (seven different TVs where one can plug into a box and control a channel for viewing or music), as well as classes in spinning, yoga, boot camp (group calisthenics) and kick boxing.

"It's exciting to see how many people are becoming more aware of staying fit and that it's easier now than ever for people not to be intimidated by going to the gym," said Gauthier. "We say just come on in, let us work with you, and once you do, you'll find a comfortable atmosphere, with people of all ages and sizes."

Vern's other key exercise tip, geared at those who might just be getting started, is to begin slowly and gradually increase your routine, and work with someone who knows how to set up a program that will deal with all body parts.

"If you have a good stretching routine with cardiovascular components and watch your nutrition, you can go a long way," he concluded.

Nancy Sundstrom is a local freelance writer.

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