

Some Fitness Suggestions For The Dreaded Swimsuit Season

By Karen McBride

The American Heart Association states that over one-third of U.S. adults and nearly one in three children ages 2-19 are overweight or obese. These startling statistics are causing Americans to become more health conscious and encouraging people to join health clubs. In addition, television shows like "Biggest Loser" and "Jamie Oliver's Food Revolution" are bringing more attention to this epidemic.

A good way to get healthy is to be around other people with like goals. Joining a fitness club will not only give you the resources to achieve your goal, but also put you in the same environment as other health-conscious individuals. You can share ideas and help to keep each other motivated. When choosing a fitness club, there are many decisions to make. First is location. It has to be convenient. In the Lutz-Land O' Lakes area, there are several to choose from: Lifestyle Family Fitness, LA Fitness, Anytime Fitness, and Impact Sports Academy are a few of the choices available.

The next consideration is the classes they offer. Do you want to take Pilates, Yoga or a Cycling class? Are the classes held at varying times, both morning and evening to accommodate your schedule? Are there additional costs to any classes, or are they all included in the membership fee?

Liz Martin Culet of Lutz, joined Lifestyle Family Fitness, formerly World Gym, about five years ago. She joined because of the location and the classes offered, such as Zumba, Body Step, and Total Tone. Zumba, inspired by Latin and international music, began in 2001. It encompasses dance with an incredible cardio workout. The key is to have fun while working out and you won't even realize that 30 minutes has

passed.

Mark and Connie Schwab are also members of Lifestyle Family Fitness. "There are positive and negatives with any fitness center," says Connie Schwab, but I like the way Lifestyles is set up." In addition to their daily workouts at the club, the Schwab's are active triathlon participants (six already this year) and have been approached by MIX 1 to promote their all natural protein shakes. The shakes are great both before and after a workout. It is important to keep well hydrated when working out.

In order to encourage teenagers to become healthy or to stay healthy, Lifestyle Family Fitness is offering a free Teen Summer Program. Teens, ages 12-17, can receive a free summer membership from May 15 to August 15, 2011. Teens are allowed access from morning to 4 pm on weekdays. There is no restriction on the weekends and teens are welcome to take classes at no additional fee. For more information, please check the website <http://www.lff.com> or call 948-4040.

For people with limited mobility, it would be beneficial to find a fitness club with a swimming pool. LA Fitness, in Lutz, offers Aqua Fit classes at 9 am on Monday, Wednesday, Friday and Saturday and at 6 pm on Tuesdays and Thursdays. These classes are designed for people with joint ailments or injuries. Water resistance dumbbells are used in this 50 minute class.

LA Fitness offers membership plans for \$49 per month, with a \$49 initiation fee. Membership allows you to participate in all of the classes offered, use of the pool, jacuzzi and sauna. Only use of the racquetball courts is extra. The membership includes access to other club locations as well.

Prior to joining a club, visit the gym on different days at the time of day that you want to workout.

You will get a good idea of the availability of the equipment. It would be discouraging to join a gym and find that there is no equipment available at the time you had planned to work out. If you work late hours, consider Anytime Fitness. It is open 24 hours.

When you visit to inquire about membership, keep in mind that the staff is only there at certain times: Monday through Thursday 10 am – 8 pm, Friday 10 am – 6 pm and Saturday 10 am – 4 pm. There is no staff available on Sunday.

David Galloway, is President and Co-Owner of Anytime Fitness. He had always thought about owning a fitness club. "Even as a teenager, I thought of opening a club. I always had a passion for fitness," says Galloway. Instead, he went into the IT field, and became a network consultant. A few years ago, he started thinking about it again. He began researching franchises and found Anytime Fitness. "It's a smaller facility," says Galloway, "so not as much capital is needed to start. And I found that people don't want to pay for all the amenities of a larger facility, like pools or racquetball, if they won't use it."

Anytime Fitness in Lutz, opened the doors to its 5000 square foot facility in October, 2010. Members can enjoy working out any time of day. Security is of the utmost concern at Anytime Fitness. Plastic keys allow members access to the facility. The door sensor is wired to a computer system and it matches pictures to the members account. If someone tries to follow



Workout equipment at Anytime Fitness located at 1408 Dale Mabry Hwy. (near Super Wal-Mart)

a member in, without an access key, an alarm sounds and the DVR begins recording. Security cameras are throughout the facility, in the parking lot and behind the building. An emergency button in the club is wired to the local police station and an ambulance can be dispatched immediately when needed.

Membership is \$29.99 per month, with a one time fee of \$25, and \$40 charge for the key. For families interested in joining, when the first person joins, two more can join with no initiation fee. They would only be charged for the key and the monthly cost. Members are welcome to visit other Anytime Fitness centers for no additional cost. It is on a month to month basis with no contract.

Check out the special offers on their website <http://www.anytimefitness.com/en-us/clubs/2606/Lutz-FL-health-club>.

If you are looking for a different type of fitness club, check out Impact Sports Academy. Michael Snow and his partner Rob Rivard, began talking about starting their own club about two years ago. Rivard, a veteran sports agent and baseball trainer, asked Snow, a fitness trainer, to work with a young baseball prospect who needed weight training. They began talking about the need in the Land

O' Lakes and Lutz area for this type of sports and weight training facility.

Last summer they held a combine at the Land O' Lakes Recreational Center. It was well received by the Land O' Lakes community and they began working to find the right location for their academy. It officially opened in June, 2011. "It was a dream, not just an idea, and now it's a reality," says Snow.

The academy's 10,000 square foot building will hold a full gym and 6 batting cages. One of the batting cages is 70 feet long, which can also be a pitching column. Membership is \$80 per month and families can join for \$120 per month. Impact Sports Academy is open from 9 am-9 pm Monday through Friday, 9 am-6 pm on Saturday and 9 am-5 pm on Sunday. It is located at 21434 Carson Drive in Land O' Lakes. A two-day combine is planned for Tuesday and Thursday

or Monday and Friday, beginning July 4th and 5th. Check out the website for more information <http://impactsportacademy.com/combines>.

Another consideration when deciding upon a club, is the contract. Ask if there is contract or is it on a month to month plan. Do the fees include all classes or are there additional costs to participate in classes? Do you have access to other locations or is it only the club you are joining. You don't want to base your decision on a great price, only to find out that everything you are really interested in, is an extra fee.

Check out the cleanliness of the fitness club. Do they have hand sanitizer dispensers easily available for use? LA Fitness has several both upstairs and downstairs. Each member is responsible for wiping down the equipment after use with a towel. It also has sanitizing foam and paper towels for members to use on the equipment. The

LA Fitness team is committed to keeping their facility clean by having hourly rounds for cleanup.

Getting healthy and staying fit are keys factors to a happy life. Be sure to find the right fitness center for your lifestyle, by checking the location, hours, classes available and contracts offered before making the final decision. You want to make the most of your workout and enjoy yourself on your journey to getting fit.

Lifestyle Family Fitness, 23048 State Road 54, Lutz, 948-4040, www.lff.com

LA Fitness, 17631 N. Dale Mabry Hwy., Lutz, 962-7358, www.lafitness.com

Anytime Fitness of Lutz, 1408 Dale Mabry Hwy., Lutz, 428-6971. www.anytimefitness.com

Impact Sports Academy, 21434 Carson Drive, Land O' Lakes, 863-1154, www.impactsportacademy.com



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