



Pink Physique trainer Stephanie Barboza works with four women last week in Macon. Below, Whitney Berry, left, leads a class last month at Pure Barre. WOODY MARSHALL/THE TELEGRAPH

Local gyms say  
**DON'T  
GIVE UP**  
on your New Year's  
resolutions



DEAN CABELL/THE TELEGRAPH



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Planet Fitness on Tom Hill Sr. Boulevard saw an increase of about 450 members in early January, said Dennis Searcy, assistant manager of the Macon facility.

Fitness centers saw  
January jump, with  
many staying on track

By JOEL PATTERSON  
Center for Collaborative  
Journalism

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## GYMS FROM 1D

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## Tips for staying out of a workout slump

"We saw the initial influx in clients from the new year, and because people are getting the results they desired, we continue to see the beginning of the year influx in March," she said.

Planet Fitness on Tom Hill Senior Boulevard also saw an increase of about 450 members in early January, said Dennis Searcy, assistant manager of the Macon facility. Of the new members, 230 of those are still active.

The Pink Physique, a women's only gym focusing on personal training and nutrition saw an increase of about 40 members. About 30 of those members remain active, said Brittany Klingler, billing manager at the Zebulon Road gym.

"Since we are women's only, a lot of women don't know how to work out so they come to us to begin their fitness journey," she said.

Many gym-goers starting from New Year's resolutions encounter obstacles as they attempt to achieve their fitness goals.

"Many people don't feel comfortable in their own

- Find a workout partner for added motivation
  - Begin with practical goals
  - Focus less on weight loss and more on fitness
  - Develop a routine that works with your schedule
  - Don't allow yourself to make excuses
  - Give working out enough time to become a habit
- Sources: Planet Fitness and Pure Barre Macon

skin," Klingler said.

Many people require workout partners for motivation, Searcy added.

Pure Barre and the Pink Physique's unusual approaches to fitness help them maintain membership, both facilities said.

Pure Barre members are told that they will see changes in 10 classes. Berry says that you feel like you are on cloud nine when you leave the class.

The Pink Physique's construction of classes to target women's trouble areas serves to attract many women.

"Women come here for a self confidence boost," Klingler said.

Local gym managers say **LIKE SEE GYMS, 2D** late like many Americans when it comes to fitness-related New Year's resolutions — there's a jump in membership in January that drops off by end of March, only to pick up as summer approaches. People start their workout regimens for many different reasons, depending on the individual and the goals they have set," said Whitney, owner of Pure Barre Macon, which opened in September and offers group classes that use energetic music and small isometric movements to build muscle to fatigue, saw a rise in membership in the beginning of the year. Individuals received memberships for Christmas, said.