

WOOD WASHALL THE TREESAND

WHO Physique trainer Stephanie Barboza works with four women last week in Macon. Below, Whitney Berry, left, leads a class last month at Pure Barre.

Local gyms say

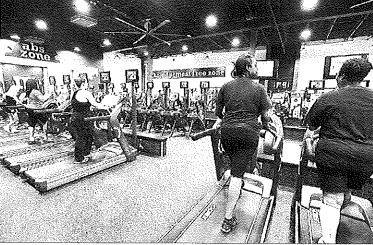
on your New Year's resolutions



Fitness centers saw January jump, with

many staying on track

By JOIL PATTERSON Center for Collaborative



REAUCABELL/THE RELEGRAFH 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.

"People start their workout regimens for many different reasons, depending on the individual

GYMS FROM 1D

Tips for staying out of a workout slump "We saw the initial in-

flux 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.

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there's a jump in member-y January that drops off end of March, only to ack up as summer ap-

> ople start their workout ens for many differ-asons, depending on dividual and the goals ave set," said Whitney owner of Pure Barre n on Forsyth Road. e Barre Macon, which d in September and group classes that use energy music and small netric movements to muscles to latigue, saw ises in membership in ginning of the year. individuals received serships for Christmas,