

Enthusiasm high for physical fitness for all ages

By DAN RALPH

Herald Sports Editor

It appears Halton Hills residents have become more interested in physical fitness the past few years.

Enrolment at two Georgetown fitness facilities proves that. In its six years of operation, Work That Body's membership has grown from 12 to around 900. Similarly, Musclevorks started out with 20 members 3½ years ago and is presently at 175 members.

Both facilities offer differing programs. Work That Body is primarily for women of all ages while

Musclevorks is made up of younger clients (male and female) interested in a weight program geared at improving one's performance in athletics.

When Work That Body first started, classes were held in rented gyms on a weekly basis. What started out as a part-time job for owner Laurie Burns turned into a full-time endeavor.

"Now we can offer more variety of times," Burns said. "Members have their choice of nine classes a day seven days a week."

Work That Body members can take part in the classes or adopt their own weight program. Members' ages

vary from teenagers right up to 74.

Although mainly a facility for women, Work That Body is opening up to men. Presently, noon-hour fitness classes are being offered for men Monday to Friday.

"It's starting to catch on," Ms. Burns said. "We've got about nine guys involved."

Ms. Burns said she has no plans to expand in the immediate future.

"Everyone seems to be satisfied, so why bother rocking the boat," she

said.

Musclevorks, on the other hand, is geared to the athlete interested in adopting a weight program in order to improve his/her performance. The members are either involved currently in athletics, or have recently gotten out of sports but want to still remain in competitive condition.

"We deal with the elite athletes," said owner Ian Crichton. "Most of our members have been into it (athletics) for a number of years."

Since his business began, Crichton said the clientele hasn't changed. He said his facility has always attracted athletes interested in weight training.






As for the future, Crichton is looking to expand. Soon he hopes to include the upstairs portion of his Mill St. location and open a sporting goods and bike shop. Just recently Crichton moved Musclevorks from his Main St. location to the bigger Mill St. locale.

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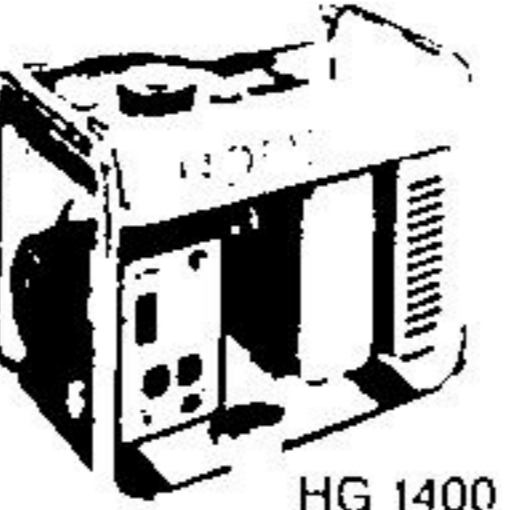

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