

New fitness centre opens in Acton on Saturday

The long-empty former Mazda dealership in Acton will be alive with activity this Saturday.

Acton resident Jason Fournier is opening a new studio fitness centre called Local Motion Fitness and he is throwing a party from 10 a.m. to 3 p.m. with food, prizes and an appearance by the local fire department.

Fournier, a longtime fitness professional and local firefighter, has had his eye on the space since Achilles Mazda moved to

Milton several years ago.

"The showroom area is perfect," says Fournier. "It has a nice large floor area and high ceilings for numerous members' energy. I even lucked out with the mirrors on the walls the former owners left behind."

The new studio will feature fitness classes scheduled at various times between 5:45 a.m. and 8:30 p.m., with personal and group training sessions booked in between. It will not feature any machines and

members may only attend during classes or sessions booked online.

"One of our principles is to never leave a member to work out by themselves. We've found much higher success when people work out with people," said Fournier.

Manager and fitness specialist Sue Capper will also be teaching classes in the studio. She said her decision to teach classes in a local gym was not only to save time, but also money.

"I used to drive to Georgetown, Milton and Guelph to teach classes, but with gas prices being as high as they are, it costs as much as basically a monthly membership just in gas alone," she said,

During the Grand Opening open house, hourly fun contests will be related to the classes (e.g., longest static bicep curl, longest plank, longest bird pose, etc.). Ribbon cutting with available dignitaries will be at 12 noon.



JASON FOURNIER

Photo by Sue Capper

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