



Who's behind NewBody's Fitness and Lifestyle Centre?



Kim and Joanne and 18 years of experience.



Kim Linton



Joanne Witt

Kim Linton and Joanne Witt are two local residents with 18 years' combined experience in the health and fitness field.

They have just opened NewBody's Fitness and Lifestyle Centre and are ready to offer the women and men of Markham everything from floor classes, weight training and body focus groups, to individual counselling and assessment.

Give us a call or come for a tour of our facilities. Ask for Kim or Joanne. You won't be disappointed.

NewBody's

NewBody's Fitness and Lifestyle Centre
20 Main Street North, Markham L3P 1X2
Phone 294-8400
GREEN & LOT 2

1825-485

Fitness and more at NewBody's centre

By STEVE HOUSTON
Staff Reporter
Being fit is in these days and two local women have founded NewBody's to provide counselling and individualized fitness programs.

Registered fitness appraisers and co-owners Joanne Witt and Kim Linton offer a variety of programs to improve fitness and help you to become trim and slim.

"We have classes that are conducive to people who are already in good shape but we also offer alternative programs to people who want to improve their level of fitness," said Mrs. Witt from their new health centre on Main St. in Markham.

Some of the alternatives she speaks of include the Fit at 40 program, Stretch and Strength classes, Body Focus for people with joint, back and arthritis problems and Aerobics workouts.

Along with the programs, NewBody's has a 10-station global gym, free weights and two innovative Aerodyne bicycles that monitor pulse rates while members workout.

The duo say they always wanted to open a fitness lifestyle centre on their home turf and after 10 years in the fitness business decided to do so. They feel Markham residents are ready for the kind of centre they offer.

"Essentially, the idea behind the club is that we offer a more personalized health fitness program," Mrs. Witt said. "We want to meet the more specific needs of members."

Each person has different needs and abilities she explained. To outline a beneficial program, each new member is given what she refers to as a fitness and lifestyle assessment to determine the best fitness schedule.

Members are asked what their short and long term goals are in relation to fitness and are guided from there. One may want to tone up muscles while another may want to lose 30 pounds. Suitable agendas are designed that are beneficial for each individual.



Kim Linton (left) and Joanne Witt demonstrate exercise bicycles that also measure the rider's pulse at NewBody's which recently opened at 20 Main St. North in Markham.

— Steve Houston

"The assessments give people a chance to know what they can expect from the program we devise," she noted.

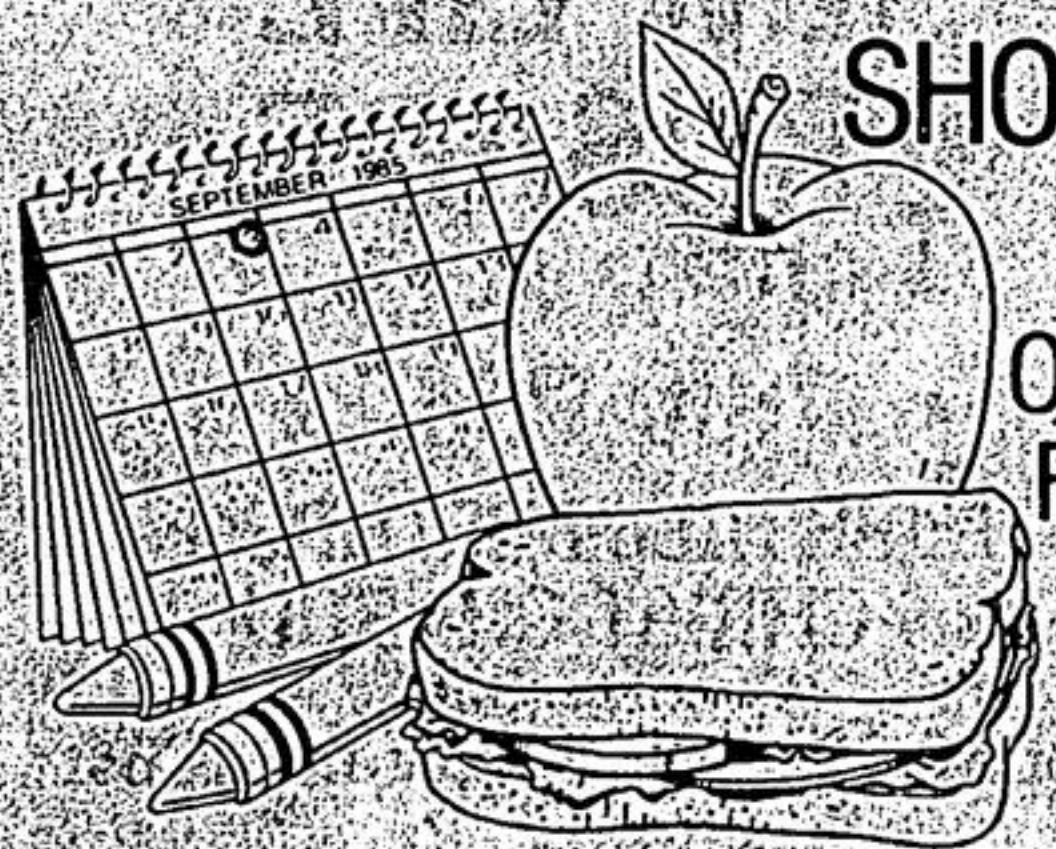
Along with the fitness programs, NewBody's plans to offer counselling programs as well. Either at clinics or on an individual basis, members can learn

weight control and nutrition, teen nutrition, stress management and how to stop smoking.

The whole idea the pair say, is to "offer a total health concept with counselling and classes." That's part of the reason they chose the motto of NewBody's—the club that helps you feel better from the inside out.

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