

A Lady's Pace Fitness Celebrates Two Years In Business

BY KAREN BERGER
MIRROR REPORTER

For two years, A Lady's Pace has provided a haven for women, with a full line-up of classes and exercise equipment.

The Whitehouse-based fitness center will have an open house on Saturday, January 5 from 8:00 a.m. to 2:00 p.m. Women who purchase a one-year membership during January will receive a two-night, three-day vacation for two.

Since opening in January 2005, A Lady's Pace has expanded its class offerings and added a nutrition program, personal training consultation, tanning and child care during peak morning and evening hours.

This spring, owner Deb Colbry plans to integrate a physical therapy facility into A Lady's Pace, so women recovering from injuries can get one-on-one assistance.

While losing weight is a top New Year's resolution driving women to A Lady's Pace, Colbry said her customers soon realize the overall fitness benefits.

"One woman came here to lower her cholesterol and sugar levels," Colbry said. An older customer reported that her spirits have lifted from regular exercise. "That's what it's all about – not just losing weight."

Ellipticals, treadmills, bikes, free weights and



A Lady's Pace owner Deb Colbry and instructor Paula King work out on the elliptical equipment in the Whitehouse fitness center.

MIRROR PHOTO BY KAREN BERGER

strength equipment occupy one half of the building, while fitness classes are held in an adjacent, mirrored room.

Experienced exercisers usually don't need much guidance on the equipment or choosing a class. But for newcomers, Colbry and on-staff fitness experts can outline a plan that starts slowly.

Those with little exercise experience may only be able to use the elliptical machine for five minutes to start, Colbry said, then work up to 30 minutes over several months.

The elliptical, a cross between a stair stepping machine and treadmill, is recommended by doctors for its cardiac benefits

without the high impact.

"Young people prefer the elliptical because it's more of a workout, and it's more interesting," said Colbry, who also recommends varying workout routines for the sake of both the body and mind.

Classes are one way to build in variety. Colbry said she tries to slow classes

down to explain moves when she sees new faces.

"Some people are uncomfortable with classes, but often, once they do the strength equipment and the treadmill, they'll sometimes have the confidence to take a class," she said.

Classes range from high-intensity KickJam to LoAerobics, a walking

class. Xpress classes offer half-hour or 45-minute versions of regular classes. Total Tone, not as exhausting as step aerobics, combines cardio benefits with toning.

Classes are free for members. Class packages are also available.

Colbry, a certified fitness instructor and personal trainer, has been an instructor for 16 years.

A Lady's Pace has regular challenges to encourage women to work out more often. Rewards may be as simple as a T-shirt, but they keep Colbry's customers motivated.

It's also not unusual to see Colbry jump on a treadmill just to keep someone company.

Women have told her they feel more comfortable working out in a facility that's dedicated to them, she said.

"And, there are some conversations we just couldn't have if there were men around!"

A Lady's Pace is located at 10305 Waterville St. (SR 64) in Whitehouse. For more information, call (419) 877-1131 or go to www.aladyspacefitness.com.

Winter hours are 6:00 a.m. to 8:00 p.m. Monday through Thursday, 6:00 a.m. to 7:00 p.m. Friday, 7:00 a.m. to 2:00 p.m. Saturday, and noon to 3:00 p.m. Sunday.