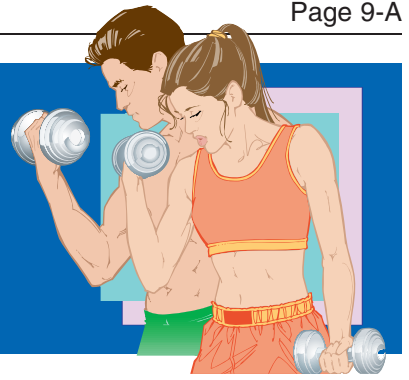


The Mirror Health And Fitness Section



Fitness Center Offers Area Women A Different Way To Get In Shape

Ribbon Is Cut On New Curves Facility In Maumee

BY LAURA KILISCH
MIRROR REPORTER

Bright pink walls, energizing music and a cold burst from air conditioners working on overdrive welcome patrons into the new Curves facility located on Illinois Avenue in Maumee.

Complete with a ribbon-cutting ceremony by Maumee Mayor Tim Wagener, balloons and cake, the grand opening of Curves on January 10 was nothing short of a celebration, especially for new owner Gloria Hiles.

Hiles, a Maumee resident for the past 25 years, is thrilled at the thought of the grand opening of the new location, which actually opened its doors for the first time on December 5.

"It's really turning out well," Hiles said. "It's an excellent time to open a business like Curves. After the holidays is the perfect time for a grand opening. People are coming in and wanting to get in shape for the New Year."

The New Year is already proving to be an exciting one for Hiles, who is making the transition from Curves member to owner.

"I saw that it was up for sale and jumped at the opportunity," she said. "I



Members look on as the ribbon is cut at the grand opening of the new Curves facility in Maumee. Participating in the ceremony were (from left) executive director of the Maumee Chamber of Commerce Brenda Clixby, Maumee Mayor Tim Wagener and owner Gloria Hiles and (second from right) manager Laura Logan. MIRROR PHOTO BY MIKE McCARTHY

thought it would be a very interesting business."

Hiles, who spends three days a week working at Curves and also works part-time as a bookkeeper at The Pharm at Parkway Plaza, says she has always enjoyed

fitness and working out.

"Owning this business seemed like something I would really like to do," she said.

Along with her step-daughter, Laura Logan, the manager of the facility, Hiles seems very pleased with the way business has been so far.

"It's been a really exciting time," Hiles said. "We've been giving prizes away all week in preparation for the big grand-opening day."

Membership fees at Curves, which is a women-only facility, are \$29.00 per month plus tax for yearly memberships. Curves also offers three-month and six-month memberships, which may vary in price, according to Hiles.

The basic Curves workout is called circuit training because of the way in which the stations alternate between the recovery pads and the machines.

"There are 11 machines, and each one is divided by a 'recovery pad,'" Logan explained. "The women spend 30 seconds at each station and go around two-and-a-half times, equaling a half-hour."

The 30-minute time frame required for a full workout is certainly appealing to many of Curves' on-

the-go members.

What seems just as appealing, however, is the comfortable, friendly atmosphere Curves provides. Laughing and sharing

stories as they make their rounds, the women prove that working out can actually be something enjoyable.

Sharon Stonerock, a member of Curves who

happened to be working out during the grand-opening ceremony, is just one of the many women who seemed to be enjoying the new facility.

"Isn't it just great here?" she said as she continued to operate one of the exercise machines. "Thirty minutes and you're done. You can't beat that."

In addition to the 30-minute exercise sessions, Hiles also described the "rev-up" programs, which meet twice a week. "Rev-ups" have been designed as a means of providing extra exercise to keep the women motivated and "revved" between their usual sessions, if they so desire.

Catering to the hectic lives of women today has certainly proven to be a recipe for success for Curves. Allowing women to receive a full workout in a comfortable environment surrounded by their peers, the new Maumee location of Curves has already proven to be a success.

"I am just thrilled at the idea," said Hiles of her new position as Curves owner. "It has turned out to be something that I have really come to love."



Gloria Hiles, owner of the new Curves in Maumee, cuts the cake in celebration of its grand opening on January 10. MIRROR PHOTO BY LAURA KILISCH

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