

# The Mirror's VALUABLE TIPS TO HELP YOU ACHIEVE A HEALTHIER LIFESTYLE Guide To Good Health

## Lifestyles For Ladies Only Opens In Maumee At Parkway Plaza

BY KERRI RALLS  
MIRROR REPORTER

Long before *Men Are From Mars, Women Are From Venus* was published, people knew that the sexes approach most situations differently.

It makes sense then, that the market is flooded with products and ideas targeted specifically for one gender or the other.

So, too, it would seem only obvious that physical fitness approaches would be different for men and women.

That's what Lifestyles For Ladies Only is all about.

The fitness center chain recently opened a Maumee location to cater to the unique fitness needs of women.

Owners Don and Sharon Stump started the chain in 1994 to create a place that makes it easy for busy women to fit in the workout they need.

"The owners had this idea that women are always taking care of other people," said Lifestyles sales manager Angie Zerrillo, "so they wanted a place to take care of women."

That place is Lifestyles, a virtual one-stop shop for women to take care of their bodies.

Each of the nine locations features a full workout arsenal of treadmills, elliptical machines, stationary bikes, weight machines and free weights.



Lifestyles For Ladies Only hosted a grand opening celebration at its Parkway Plaza location in Maumee on Saturday, March 10. Among those joining in on the ribbon cutting ceremony were Brenda Clixby of the Maumee Chamber of Commerce, Maumee Mayor Tim Wagener, Lifestyles For Ladies Manager Judy Christian and owners Mark Baker and Don Stump. Not pictured is co-owner Sharon Stump.

MIRROR PHOTO BY MIKE McCARTHY

In addition, they offer aerobics classes, spinning, childcare and tanning beds.

Most of the amenities are included in the basic membership cost or can be added for a few more dollars per month.

The goal, Zerrillo said, is to take obstacles out of the way for women who want to

work out but could never find the time, expertise or motivation.

When ladies join Lifestyles, trainers will discuss different workout options and training programs.

Women who know what they are looking for and those who don't will find

professionally trained staff there to help them find their way.

The center even caters to women who have specific needs, such as those who are rehabilitating an injury or have a condition that requires special attention.

"We have a staff that is knowledgeable and will look at a rehab program and integrate it into a workout program," Zerrillo said.

And another key bonus, Zerrillo said, is the lack of male presence.

"A lot of times women are intimidated," Zerrillo said, and so they will shy away from the gym.

No need to feel self-conscious lifting those five-pound free weights at Lifestyles.

Additionally, many people, men and women alike, will get stuck in a training rut.

They use the same machines day after day and get frustrated with a lack of results.

Lifestyles has an answer for that, too.

According to Zerrillo, trainers will work with the members to constantly revamp workout routines.

"We'll stay on top of people and help them change their workouts," Zerrillo said. "You'll still see results."

That available variety also

helps to keep the momentum going, long after the New Year's resolution has waned.

"It's hard to be motivated at home," Zerrillo said. "Especially for women, there's always something else to be done at home, so joining helps motivate women."

The variety of classes and workout routines will break

monotony and keep the training times fresh.

At Lifestyles, workouts can be designed incorporating virtually any type of equipment.

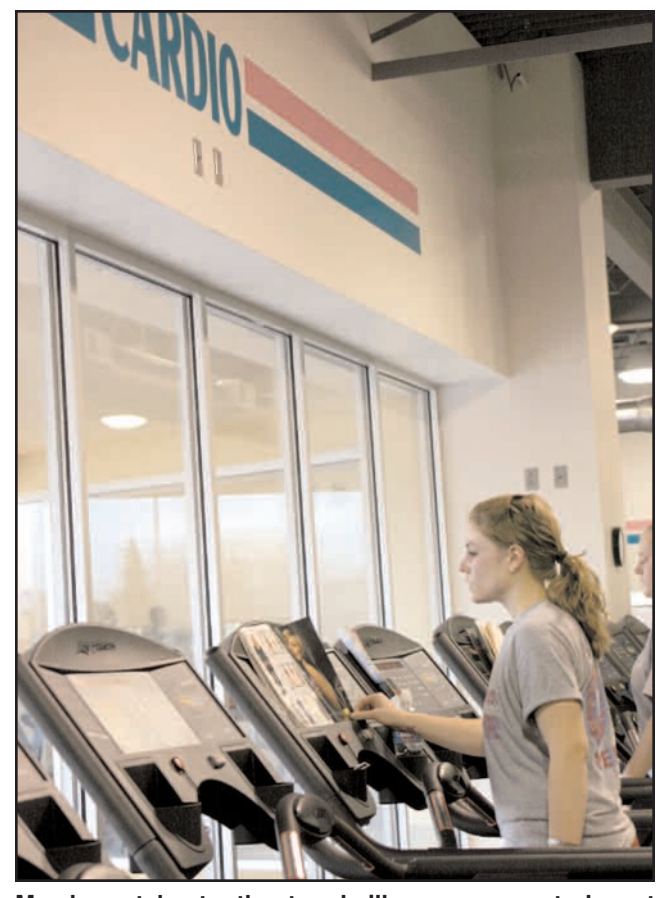
The center features treadmills, elliptical machines, free weights, bikes and Stairmasters.

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Lifestyles For Ladies Only recently opened a new location in Parkway Plaza, just off the Anthony Wayne Trail in Maumee. The chain moved from a South Toledo location to expand operations. The center offers treadmills, elliptical machines, weights, aerobic classes, spinning and childcare in one location.

MIRROR PHOTO BY KERRI RALLS



Members take to the treadmills on a recent day at Lifestyles For Ladies in Maumee. The women-only fitness center offers up-to-date equipment and a personal touch for women who want to fit workouts into their busy schedules.

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**On hand for the Lifestyles For Ladies Only grand opening event in Maumee, owners Mark Baker (left) and Don Stump (right) take a moment to talk to manager Judy Christian.**

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## *Lifestyles For Ladies Now Open*

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Additionally, Lifestyles has the unique offering of weight machines specially designed for women's smaller bodies.

The more petite set of machines is easier on female joints, Zerrillo said.

In addition to individual workouts, Lifestyles offers a number of classes.

Classes in aerobics and

spinning are available at no extra cost to members.

Finally, Lifestyles addresses one major hurdle to a woman's workout: kids.

Each Lifestyles center offers a Kids Klub, a place where kids can play and even eat while the women in their lives squeeze in a class or a run.

A basic three-year membership to Lifestyles is \$19.00

per month. Different packages can be arranged based on different time frames and additional services.

All memberships can be cancelled for a full refund for up to a week after joining to let women make sure the center is the right fit.

For information, visit [www.lifestylesforladiesonly.com](http://www.lifestylesforladiesonly.com) or call the Maumee location at (419) 385-LADY.