

DECATUR FITNESS CENTER

Getting In Shape Can Be Much Easier and Faster Than You Might Imagine

Decatur Fitness, on Church Street in downtown Decatur, is a neighborhood club tailored to meet the individual's needs. You'll find all the services of a larger club in a more intimate setting that allows for personal attention.

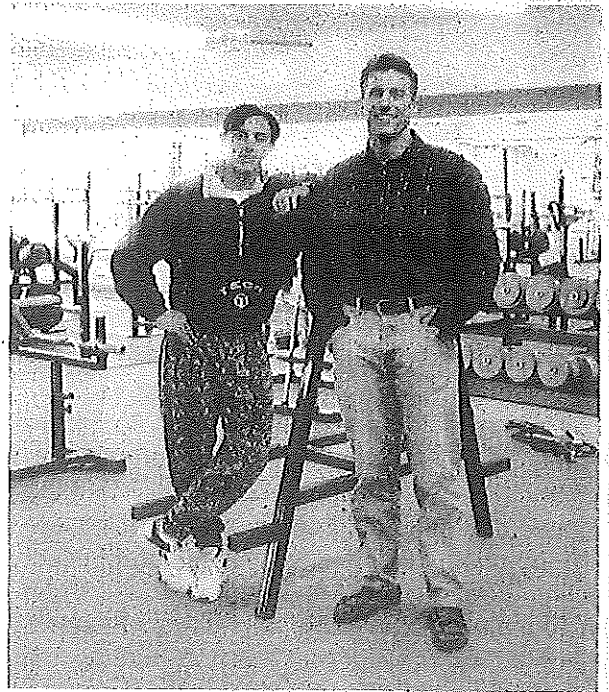
Owner Matt Hunt has been in the fitness business for eight years, and has an excellent grasp of what is necessary to achieve optimal physical fitness. According to Matt, aerobic exercise is great, but not enough if you want to attain peak condition. Cardio-vascular exercise must be combined with strength building to achieve a well-toned body. "If you want to get your body in shape," said Matt, "you have to do cross-training."

Women, in particular, are often concerned that they will look like The Hulk if they weight train. "You can work out every day for six years," said Matt, "and that just won't happen. Women don't have the testosterone. They can only get more muscular definition. The women you see like that, as well as many of the men, are on steroids." According to Matt, with regular aerobic and weight training, a woman can have a well-toned and shapely body in only two months.

Decatur Fitness has top-notch cardio-vascular and strength building equipment. Club members have a choice between the treadmill, stair masters, life cycles or aerobic classes for their cardio-vascular training. Unlike many health clubs that use out-dated equipment, Decatur Fitness' weight equipment is state-of-the-art. They also have a full range of free weights.

Fitness counselors are always available to assist you. If the fitness equipment seems intimidating at first because of your unfamiliarity with it, don't hesitate to ask trainers Anthony Hippeli, James Nelson and Glenn Tebbe for guidance. They are knowledgeable and enthusiastic about physical fitness. They are also available for nutritional counseling. Changes in your diet can help you achieve your desired physique and give you a greater sense of well-being.

The aerobic program at Decatur Fitness is one of the better in the city. Three out of the top 20 aerobic instructors in Atlanta teach at the club. That is quite impressive for a small club. A number of aerobic and step classes are taught each day to suit varying fitness levels. Bridget



Glenn Tebbe and Matt Hunt

Dollar, the aerobics coordinator, has built a program to accommodate members' schedules, and periodically schedules aerobic events in the community, such as the recent "Aerobics on the Square."

Decatur Fitness also offers supplementary programs such as their karate classes and basketball league. Three on three basketball tournaments will start up again in the Spring. Stacy Cooper, a fitness consultant to major corporations, holds seminars from time to time on how to achieve greater productivity through physical fitness. Self-defensive classes for women and stop smoking seminars are also held periodically.

Decatur Fitness is gaining a reputation for being a first-class fitness center. The City of Decatur recently awarded the center a contract to serve all the city's employees. One of the deciding factors was Decatur Fitness' ability to administer complete fitness tests. That includes computing the percentage of body fat and calculating endurance and flexibility.

Stop in for a free tour and workout. You'll be impressed with the range of services available at this neighborhood fitness center.