

New Program Motivates Members

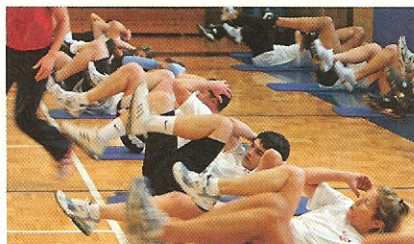
FACTS FITNESS, Newtown Square, Pa., offers a new fitness program to members called C.L.I.M.B. (Creative Ladder Intervals Mega BootCamp). The program is a collaborative effort between FACTS Owner and President Tom Fenstermacher and two colleagues: Ian Savitz, vice president of operations manager for FACTS Fitness, and Tricia Whitcomb, general manager of Steel Fitness in Bethlehem, Pa., a FACTS-owned facility.

C.L.I.M.B. is a high-energy class that combines agility ladder drills and bootcamp-style exercises that work on speed, agility, strength, anaerobic and aerobic fitness, balance and coordination. Other class elements include outdoor running drills, chair dips, push-ups and lunges. The class also includes partner exercises that are used for added motivation and team building. Instructors continually change the exercises to keep participants on their toes, and music is played for additional motivation.

The program has three levels of intensity: Ladder 1 for beginners, Ladder 2 for intermediate and Ladder 3 for advanced exercisers. Participants earn a different color T-shirt for each

level completed. Says Savitz, "This program allows a novice to fitness to succeed in drills that a professional athlete does for conditioning, but also offers an extreme challenge for advanced participants."

C.L.I.M.B. is offered at Ellis Athletic Center in Newtown Square, Pa., and Steel Fitness in Bethlehem, Pa. Says Fenstermacher, "We are excited to release C.L.I.M.B. to the fitness industry. ... The great thing about [it] is that you don't need the rhythm or coordination that many aerobic-type classes require. All you need to excel at C.L.I.M.B. is determination." **FM**



C.L.I.M.B. is a new high-energy class that was introduced by FACTS Fitness.