

WORKING MY WAY INTO A TWO PIECE: YOUR GO-TO-GUIDE FOR GYMS IN THE CSRA

By Kelley Girardin

As beachwear season quickly approaches, the thought on many people's mind revolves around the extra pounds they put on during the holiday season or the lack of motivation to workout they had during the cold winter months. With so many gyms to choose from in the CSRA which one is best for you? Take a closer look as the hours, location, and class selection is broken down to fit any student's hectic schedule and workout needs.

"Yes! It's finally here!" I catch myself screaming out loud when I see a Victoria Secret package sitting on my doorstep. After being on back-order for two months, my multi-colored stripe bikini has arrived. I pick it up, fumble around in my purse to find my house key, open my front door and happily skip into my bedroom to try on my newest purchase of the week.

Initial reaction: strip out of my work clothes, put the

side-tie bottom and push-up bandeau top on, admire myself in the mirror with delusional thoughts of model capabilities and snap a full length mirror shot of myself to send to my lucky boyfriend. This is the usual routine when I get new clothes, but today feels a little different.

It is 4:30, and I am still extremely full from my 1:00 p.m. lunch. A lunch that consisted of a healthy grilled-chicken salad and poppy-seed vinaigrette.

How can I still be full from a salad? Oh, I know. It must be the triple layer, chocolate-banana flavored, chocolate chip, chocolate ganache, chocolate frosting-topped cake from Boll Weevil that I ate for dessert. Two bites should have been enough, but deemed the most delicious thing I've ever put in my mouth, two bites just didn't cut it.

So I'm a little full from lunch. No big deal. I

continue with my usual routine. I shimmy off my work clothes, and put on my new beautiful piece of beachwear.

Wow is all I am able to say when looking in the mirror. The bikini looks different than I expected. It looks so great on the 6 foot tall, Victoria Secret model who weighs 30 pounds less than my 5'5 foot frame. She looks long and lean, and I look....not so long and lean.

The bottom with its faux side-ties is way too tight, and my abs are not as washboard-esque as I would like. My thighs rub together too much as I walk towards the full-length mirror, and my arms look a little too flabby.

It is at this point that I realize it is not the ridiculously good looking Victoria Secret model's fault, nor is it bikini's fault; it's my fault for ignoring my winter-hibernated body for the past six months.

Throughout the fall and winter months it is so easy to ignore those extra pounds because of all the extra layers of clothes I wear to keep warm, but as spring approaches and the layers begin to shed, the pounds also need to start shed-



"She looks long and lean, and I look....not so long and lean."

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Curves

 **ANYTIME
FITNESS**

THE
Omni
CLUB

ding.

First step, finding a gym. In the CSRA, there are so many gyms it is difficult to narrow it down to one. For many people, the biggest concern when deciding which gym membership to purchase is the gym's hours of operations. Many students have crazy school and work schedules, so their only free time happens when most gyms are hanging up their "Sorry We're Closed" sign.

To overcome this obstacle, Omni, Gold's Gym, and Anytime Fitness provide flexible hours for people with hectic schedules. **Omni**, with locations in Evans and Augusta, is open 24 hours a day during the workweek (Monday through Thursday). On the weekend they close between 6 and 8 p.m. according to their official website.

Gold's Gym, an international company, has very similar hours. They are open 24 hours a day during the work week, and until 6-8 PM on the weekend. They have locations in North Augusta and Martinez. Lesley Hatcher, 22, has worked at Gold's Gym for three and a half years and says that she loves her job.

"I enjoy getting people started in fitness programs because I am very interested in fitness myself," Hatcher says. "I also feel comfortable in the environment."

Hatcher believes Gold's Gym is successful because "we

are open 24 hours so that allows our members access 24/7!" Hatcher continues "We have a very good training staff, and because we are part of a chain it allows our members the ability to travel to any other Gold's Gym around the world."

Hatcher, who enjoys running marathons, says that even though Gold's is open 24 hours a day, their busiest time is throughout the day.

Gold's Gym and Omni are both large gyms that also offer great workout classes in addition to flexible time, but **Anytime Fitness** offers the absolute best hours for chaotic schedules. Anytime Fitness is open 24-hours a day, seven days a week. Gym membership includes a security access key so the gym member can get in and out of the building whenever they please. This exclusive key also offers a security aspect that most gyms lack. Anytime Fitness does not offer the workout classes' bigger gyms offer, but it does have three locations; one in North Augusta and two in Martinez.

So maybe you're a lucky student who has a more structured, nine to five schedule. The hours of operation may not be as important to you as the location of the gym. Well as long as you are a female, **Curves** may be your dream gym destination. With convenient locations in North Augusta and Evans, Curves offers an aerobic style workout in a circuit training

atmosphere according to their website.

If Curves doesn't seem like a perfect fit, then the **YMCA** may be the membership you're looking for. The Y has facilities in North Augusta, downtown Augusta, Evans and North Augusta. All of the locations offer an impressive, varietal workout schedule, and the Y in Augusta, located off of Wheeler road, has an indoor and outdoor pool. This location also offers aquatic workout classes. This gym has it all!

Casey Joye, an Augusta State senior, has been a member of Omni, Gold's Gym, and the YMCA. So which one is her favorite?

"I personally prefer the YMCA on Wheeler Road because of the variety of classes they offer, the option of swimming in the pool, and the basketball court" Joye says.

She is currently a member of Gold's Gym in Martinez and is excited about the low monthly rates, but disappointed at the lack of classes.

"I was paying \$35 a month at the Y, and I am currently paying \$10 at Gold's Gym; however, Gold's currently doesn't offer any classes and they don't plan on doing so in the near future" Joye says.

Some more perks she enjoyed at the Y was the track, the large gym, and the variety of locations around the US. She says the location was convenient, but the short hours were not.

If location and hours of operation do not largely impact your decision making, maybe you're concerned about the method of exercise. Running on treadmills and lifting weights can be a monotonous process, but many gyms now offer unique classes that can make working out fun while still losing weight and strengthening muscles.

The Spinning Gallery, located off of Old Petersburg Road in Martinez, is separated into two parts. Half of the building is a small gym, and the other half is filled with stationary bikes where all of the spin classes take place. A one hour class can burn 1400-1800 calories!

The classes are offered multiple times a day and taught by a variety of instructors. According to their website, the owner and main trainer, Ivan Trinidad, began working at gyms in Miami before moving to Georgia. His main goal is to give every customer personal attention.

The classes are fairly inexpensive at \$7 a class, but your first visit is free!

Another studio that offers unique workout classes is **5,6,7,8 Studios** located in Martinez. According to their website they have two different types of classes. Their regular

studio classes offer zumba, hip-hop, kid's dance fit, and fab abs and booti-u-tiful to name a few. These classes are for women and men of all ages and cost \$10 a class.

They also have diva classes that are offered to adult females 18 and older. No nudity is involved, but these classes will have you tap into your sexier side. They offer polercize, excotize, and body-licious, as well as variations of the three and cost \$13 each. Some may laugh at the thought of pole dancing as an exercise, but one class will leave your body sore and bruised. I know this from personal experience! You truly get a workout at 5, 6, 7, 8 studios!

So whether it is time, location or classes you're worried about, the CSRA houses enough gyms to fit any schedule and needs.

I look down at my bathing suit and sigh. I have all of the information I need to make physically healthy decisions. Time to get in my car, drive myself to the gym and work off these pounds. Maybe I'll stop at Boll Weevil on my way home...

The Omni Club
706-481-0502
3637 Walton Way
706-210-1140
4408 Evans to Lock Rd.

Gold's Gym
706-228-1800
596 Bobby Jones Expressway
803-279-8900
101 Edgewood Drive

Anytime Fitness
706-364-2418
4497-4 Columbia Rd.
706-364-2447
341 Fury's Ferry
803-278-2408
336 Georgia Avenue

Curves
706-855-1170
102 S. Belair Road
803-279-7220
1764 Knox Avenue

YMCA
803-278-0882
401 Martintown Road
706-922-6190
945 Broad Street
706-922-9622
3570 Wheeler Road
706-364-3269
1202 Town Park Lane

The Spinning Gallery
706-955-9317
3618 Old Petersburg Road

5, 6, 7, 8 Dance Studio
706-855-8599

