

# Reading Bi-Weekly Update

## January 9, 2014

**There's no excuse in Reading not to exercise!**



### **Planet Fitness**

275 Salem Street

Planet Fitness is in the former registry building that also houses REI and Dunkin Donuts. The fitness center contains 17,320 square feet of exercise equipment as well as locker rooms and a tanning salon. Planet Fitness provides a unique environment in which anyone can be comfortable and where a lasting, active lifestyle can be formed. They constantly seek to perfect a safe, energetic place where everyone feels accepted and respected. Planet Fitness is known for an atmosphere where members can relax, get in shape, and have fun without being in a hardcore environment. They pride themselves on supplying the things that count in a gym: clean, stylish, hassle-free facilities that are filled with tons of brand name cardio and strength equipment and lots of happy people. If you're looking for a comfortable, friendly place to exercise, and like a great deal, then you'll love Planet Fitness! For more information and hours of operation visit [www.planetfitness.com/gyms/MA/Reading](http://www.planetfitness.com/gyms/MA/Reading).



### **Snap Fitness**

30 Haven Street

Soon to join our town is Snap Fitness who offers a fast, convenient, and affordable fitness workout with a clean, comfortable, and close-to-home gym with everything you need to get results. Snap Fitness offers the industry's best fitness equipment, including cardio and strength training, online work out programs and meal plans, workout rewards program, regular check-ins, and workout buddies. They offer personal training services to get you started on a fitness program for better results. With your membership they guarantee you'll see the difference or your money back! For more information visit [www.snapfitness.com/corporate/why-join](http://www.snapfitness.com/corporate/why-join).



## **Burbank YMCA**

36 Arthur B. Lord Drive

The Burbank YMCA has long offered facilities and services to keep you healthy and fit. They know that healthy lifestyles are achieved through nurturing the mind, body, and spirit by the traditional methods of working out as well as other methods that all combine to give you the healthier you that you are looking for. Beyond fitness facilities that are top notch state-of-the-art, as well as a pool, they provide educational programs to promote healthier decisions. They offer a variety of programs that support physical and intellectual strength as well as a wide range of adaptive activities for people with mental and physical disabilities. The personal trainers at the Burbank YMCA can help you reach your fitness goals by creating a program that is unique to you. Whatever your training goals they will take your fitness level to new heights! They offer a personalized program, fitness assessments, individual and safe instruction, periodic progress updates, support, encouragement, and information about health and fitness. For more information and hours of operation call 781-944-9622.



## **Reading Athletic Club**

1 General Way

Reading Athletic Club is a family oriented fitness center that has been in our town for the past nine years. The club is committed to the members with combination state of the art equipment and dedicated and knowledgeable staff that will help the member achieve their goals. Equipment includes bicycles, ellipticals, stair masters, tread mills, free weights, and strength machines. There are classes in aerobics, muscle conditioning, cardio kickboxing, cycling, Zumba, and Pilates. There is a separate exercise room for women and babysitting services by experienced child care staffers are also available. The facility offers tanning, massages, martial arts, and personal trainers. There are locker rooms, showers, steam rooms and saunas. For more information and hours of operation call 781-942-0099.



## **Get In Shape for Women**

150 Main Street

Get in Shape for Women is more than a woman's gym... they are a complete woman's fitness center that features a personal trainer for groups of up to four women. The complete program includes weight training, cardio, nutrition, and accountability. They offer: Weight Training to increase muscle tone, body density, resting metabolism, and preventing injuries; Cardio to accelerate fat and calorie burning, lower blood pressure and heart rate, increase good cholesterol, and getting your heart in good shape; Nutrition by eating 6 balanced meals per day every 2-3 hours, 6 days per week with 1 Free Day where you can eat anything you want; and Accountability because you need to be held accountable by someone other than yourself. Your weight will be checked weekly and your body fat once per month to make sure you are on track. For more information and hours of operation call 781-944-9977.



## **Fitness Together**

102 Main St. Suite A

Fitness Together is an industry leader for one-on-one personal fitness training. If you are looking to lose weight, tone and tighten muscles or simply work towards better health, Fitness Together pairs you with a personal trainer in a private setting equipped with a workout plan tailored just for you. They help you achieve sustained fitness results by providing a private, personal, and complete approach with no short cuts or gimmicks. You need the right strength, cardio, and nutrition approaches all working together. Their proprietary systems work in harmony, utilizing the most current science for a complete fitness solution. Fitness Together is all about one client, one trainer, and one goal. For more information and hours of operation call 781-944-3232.



## **Yoga Moves**

274 Main Street

Yoga Moves says yoga is for everybody! If you have never exercised before you will be able to derive benefits and enjoyment, if you are a tri-athlete looking for a new challenge you will find it. If you are trying to overcome an illness or recover from injuries you will find health and freedom of movement. With each practice you become stronger, more balanced, flexible, and focused. All that matters is that you try the right way, work to your best ability, and you will receive 100% benefits. No matter what your level of fitness you will find all hot yoga styles very challenging. The room is heated to warm your muscles and allow you to stretch more deeply and safely. The heat prevents injuries and promotes sweating which releases toxins from your body. There are unlimited benefits to practicing yoga! For more information and hours of operation call 781-944-9040.



## **Core Barre**

12 Woburn Street

Core Barre offers a sanctuary that's uplifting for your body and mind. Classes are available to all fitness levels and incorporate the principles of ballet and Pilates along with general fitness concepts. They offer a fun and unique workout that focuses on toning and sculpting the entire body in a safe, comfortable environment. Their studio offerings are: Core Barre, a 55 minute high energy, low impact, fat burning workout; Ta-Barre-Ta which reshapes your body and burns fat while performing 20 seconds of an exercise followed by 10 seconds of rest; Ballet Barre is set to today's upbeat music and it is a full body workout that emphasizes classical ballet technique and spends more time at the barre to sculpt your body; Barre Boxing combines elements of boxing, martial arts, aerobics, and the barre; Sculpt uses hand weights, weighted bars and other studio equipment to sculpt your body; Corre Barre Mat starts from your core center and creates great posture and strength as well as shaping the buttocks and thighs. For more information and hours of operation call 781-454-5496.



## **Healthy Changes Pilate**

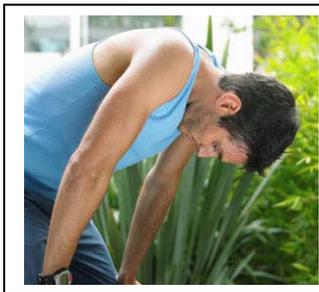
22 Woburn Street

Healthy Changes Pilates studio offers all Pilates apparatus training including Pilates Reformer, Ladder Barrel, and Exo chair as well as mat exercises. Whether you prefer group Pilates classes or private one-on-one, they offer something for everyone. Young or old, an avid exerciser or someone who has never exercised, you will love the way Pilates makes you feel! Your mind and body reconnect in Pilates unlike any other form of exercise. As you practice you will use your mind to control your muscles and feel deeper connection in your body. The movement radiates out through your core which in many cases is different than how you have ever moved before. For more information or hours of operation call 781-696-1075.



**Elite Fitness Center**  
1349 Main Street

Elite Fitness Center has a hands-on approach with personalized training. Every member gets personalized training... included for the life of your membership and tailored to your needs. They have the environment, the equipment, and the super human support you need to achieve your goals. Supervised personalized training is available 6 days a week. In addition, they are open Monday-Sunday and all holidays from 5:00 AM to 10:00 PM with member keycard access. For more information contact Dani at 781-630-0625 or [dani@elitefitnesscenter.org](mailto:dani@elitefitnesscenter.org).



***“A bear, however hard he tries, grows tubby without exercise.”***

A.A. Milne, *Winnie-the-Pooh*

# More Community Health and Wellness Resources!



## **Let's Move!**

*Let's Move!* is a comprehensive initiative, launched by the First Lady Michelle Obama, dedicated to solving the problem of obesity within a generation, so that children born today will grow up healthier and able to pursue their dreams.

<http://www.letsmove.gov>

## **Mass in Motion**

*Mass in Motion* is a statewide movement that promotes opportunities for healthy eating and active living in the places people live, learn, work and play.

<http://www.mass.gov/eohhs/gov/departments/dph/programs/community-health/mass-in-motion/>

## **Centers for Disease Control Division of Nutrition, Physical Activity, and Obesity**

Links to various health and wellness resources.

<http://www.cdc.gov/nccdphp/dnpao/index.html>

## **Getting Healthy- American Heart Association**

Nutrition, weight loss, and other wellness resources

[http://www.heart.org/HEARTORG/GettingHealthy/GettingHealthy\\_UCM\\_001078\\_SubHomePage.jsp](http://www.heart.org/HEARTORG/GettingHealthy/GettingHealthy_UCM_001078_SubHomePage.jsp)

## **The Nutrition Source - Harvard School of Public Health**

The Nutrition Source provides evidence-based diet & nutrition information for clinicians, health professionals and the public.

<http://www.hsph.harvard.edu/nutritionsource/>



**Flu vaccinations are still available! Please call Dina McCarron, Public Health Nurse, at 781-942-6656 to schedule an appointment.**

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**Questions:** If you have any questions about all the activity going on around town... just ask and we will find you the answer!

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