

# Fitness Unlimited Opens Athletic Performance Center

By Kathy Kurtz Ferrari  
Staff Writer

Fitness Unlimited in East Milton Square has unveiled a state-of-the-art facility that caters to individual workout needs.

Its new Athletic Performance Center offers women the opportunity to work with personal trainers in a setting geared to meeting individual fitness goals.

“We are all very excited about this new facility,” said Beth Whitney, manager of Fitness Unlimited, during a recent tour of the room.

The club has devoted a large area on the lower level to house the latest equipment in personal and sport-specific training. Staff members devoted time to research the latest trends in equipment and techniques in order to equip the center.

An athletic turf surface covers the floor to allow for field sport training, and innovative TRX suspension training straps dangle from the ceiling above. Personal trainers can challenge clients who are working to meet specific goals, all in a space devoted to individual needs.

“This is an opportunity for women to increase their current fitness level and sharpen their skills using the drills and training programs that professionals use,” said Personal Training Director Ann Marie Boylan.

The room is designed for the club’s nine personal trainers to offer one-to-one or small group personal training classes, utilizing tools such as kettle bells, 10-pound medicine balls, suspension training, ballet barre training, Bosu balls and much more.

“It is functional training,” Whitney said. “This room can help you attain so many different goals.”

The club still offers a wide variety of group exercise programs, from yoga and Pilates to cycling and muscle blast



Ten-pound medicine balls provide a solid workout.

workouts. But having the facility allows trainers and their clients using the equipment and space to work at a different level.

The center is outfitted to meet the needs of personal training for athletes from age 13 to those at an elite level.

“The thing I feel good about is that

now we’re offering something local,” Whitney said. “You don’t have to travel to go to an athletic performance center. We have it right here.”

Throughout the fall, Fitness Unlimited is offering its members a special for small group personal training, up to 10 in a group, in the Athletic Performance

Center.

Four classes of training are offered for \$50. Classes meet once a week for 45 minutes.

(For more information, or for a tour of the new facility, visit Fitness Unlimited at 364 Granite Ave., visit [www.fitnessunlimited.com](http://www.fitnessunlimited.com) or call (617) 698-0260.)



Fitness Unlimited’s personal trainers exercise with kettle bells.



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The TRX Training System is among the new offers at Fitness Unlimited.

(Photos by Pat Desmond)

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