

Cover Story

Fitness Together

Opens in Pembroke Pines

By Rachel Galvin



Losing weight and looking great has become paramount in today's world. An outer glow, an abundance of energy, a fit physique – these are elements of a healthy body and being healthy is the ultimate goal for everyone. However, many face challenges when it comes to weight loss, trying diets, struggling through exercise regimes, and year after year seeing no results.

Whether you are trying to lose that stubborn last five pounds or fifty pounds, Fitness Together can help. This franchise is the largest personal training organization in the world and has just opened a new location here in Pembroke Pines. Owned by Meaghan Vecchia and Wendy Tarlow, this is the 400th franchise location and the second location for Tarlow, who plans on opening a total of five in the area. Vecchia worked with Tarlow as General Manager in her first location in Ft. Lauderdale, which opened about three years ago.

Fitness Together offers something unique. Unlike the typical gym, this concept offers the ultimate in privacy and guidance wrapped in an effective package. With only three private suites available, the location has a small number of individuals at any one time. This means no more worrying about what you are wearing or how you look & no more impressing those around you. Those who come to work out here can focus on one thing – their own fitness goals. It also means no more waiting in line for equipment.



The second benefit is personal training. **Instead of being left on your own to interpret the machines and slave away at a program that may not be the best for your particular goals, a personal trainer will customize a program for you,**

cheering you on. It is like having your own personal boot camp. In fact, Tarlow's "Boot Camp Box" and "Street Fighting 101" have both been seen on TV. Tarlow worked at both Equinox Fitness Club and New York Sports Club in New York before coming to South Florida. Vecchia's experience includes a Master's degree in Exercise Physiology from Florida

Atlantic University. All personal trainers here are nationally certified and experienced.

The other essential element of having someone monitor your progress is having someone hold you accountable. **"We give 110% commitment to our clients and expect the same in return in order to help them achieve their goal,"** said Vecchia, who added, "If you don't show up, we will call you." Clients that work with personal trainers here remain loyal and involved. Many stay with the program from six months to several years. Once they have met their goal, they stay with it in order to maintain their ideal weight and their own health. Exercise helps to reduce stress, improve cardiovascular fitness, and increase overall energy levels.

The program is available for all levels and all ages. **Fitness Together offers a complimentary consultation that includes talking to clients about their goals.** Once clients enroll in the program they do an initial fitness assessment, including aerobic endurance, flexibility, muscular endurance, body fat, blood pressure, and weight. Then trainers create a customized and challenging workout program that keeps clients in the best shape for their body type, meeting their personal goals, and keeping the workouts fun and exciting. **Additionally Clients can use a free online nutritional program.** The program has an interactive report card to assist the user in making better nutritional decisions.

Clients get the chance to utilize state-of-the-art equipment, including a functional trainer in each room, dumbbells, squat rack, and stability/functional equipment. Cardiovascular equipment including a treadmill, elliptical, and bicycle, each with their own T.V.s, are available up front, and can be used on an unlimited basis. There is also a shower available. Clients receive a complimentary water bottle, towel, and healthy snack bars.

With 45-minute sessions and convenient hours, coming to **Fitness Together is easy to fit into your busy schedule.** They are open 6 a.m. until 9 p.m. Monday through Friday and 6:45 a.m. until 4:30 p.m. on Saturday. They also have Spanish speaking trainers available.

Fitness Together's motto is "1 client, 1 trainer, 1 goal." The new Fitness Together location is located at **19421 Sheridan Street in Pembroke Pines.** For more information, call **954-358-0980** or visit **www.ftpembrokepines.com.**