

Fitness center set to reopen



By Elaine Blaisdell
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Keyser, W.Va. -

Lifestyle Fitness on Spring Street in Keyser is almost finished with renovations and will be open sometime later this week, according to owner and operator Terry Stephens.

Renovations were needed after an October 7 fire that caused around \$35,000 and gutted most of the building.

Stephens noted in order to rebuild, the drywall had to be torn down to the studs, and the studs then had to be cleaned with chemical sponges. They then had to be sealed with sealing paint, with the entire process taking about two months.

New flooring, wiring and lighting also had to be put in place. Through the renovation process some new features were added such as a different rear entrance, a one-room gym area as opposed to the pre-existing gym, a warm-up area and a group exercise area were added.

Renovations were also made to the swimming pool, which was extensively damaged.

The pool received new tile as well as a hot tub. The spiral staircase on the balcony that overlooks the pool has been removed to make room for picnic tables for pool parties.

Another new feature added to the center is a tanning bed.

Stephens noted that most of the equipment was damaged during the fire, including new equipment that was purchased. Stephens said the exercise equipment that was salvageable was reconditioned and painted. He added that some of the new equipment is one-of-a-kind for the area.

For example, Lifestyle now has a Smith weight system that allows weight lifters to lift a large amount of weight without a spotter. The center also has two Espresso Fitness stationary bikes that contain a digital screen which allows the user to select a course or to compete with the person beside them or other riders throughout the country via Internet. The bicycle program also allows users to save their progress so they can compete against themselves and track their progress.

According to Stephens, only three out of the 14 upstairs apartments are ready and working. The apartments had to be rewired and new utilities had to be purchased.

In the future, Stephens plans to place vinyl and shutters on the outside of the building to make the building more appealing.

All of the renovations will be completed by the end of this week with the exception of the group exercise room, and once that is complete a Grand Opening will be held.

Also a Open House will be held throughout the week and will allow residents to come in and try out the equipment for free. An adult must accompany any children under the age of 18. For more information of Lifestyle Fitness Center visit the Web site at www.lifestylefitnesskeyser.com.

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