

Health

More Than 100 Class Choices Available at Fitness Unlimited

By Kathy Kurtz Ferrari
Times Staff

Known as the largest health club for women on the South Shore, Fitness Unlimited has added even more choices to its full slate of classes to greet the New Year.

The club has also added new equipment to offer members the latest advances in fitness.

According to Beth Whitney, general manager of Fitness Unlimited, the club has over 100 different types of classes a week to fit the needs of its members.

“We have so many classes, and we are excited because we recently installed barre equipment to offer more classes,” Whitney said, explaining the newest exercise that incorporates the foundations of ballet, Pilates and aerobics.

The new class called Raising the Barre introduces members to techniques that define and tone long muscles, while lifting the heart rate to a fat-burning level.

“It’s a sneaky class,” Whitney stated. “You’re not drenched with sweat when you do it, but you’re kind of amazed how you feel. It’s a lot of core work.”

According to Pilates Director Danielle Miller, barre classes can be beneficial to just about everyone.

“It’s a different approach to strength training,” Miller said. “It’s low impact, so it’s beneficial for all ages and abilities. But it challenges everybody, because it really works the lower body and the core.”

Fitness Unlimited offers over 80 group exercise classes a week that are free to members. The schedule includes several types of yoga, spinning, kick-boxing,

Pilates, strength training, the ever-popular Zumba and many more.

Also available are small group personal training classes in the Athletic Performance Center, for those interested in concentrating their workouts on specific goals. Personal training classes, which are offered for an additional fee, utilize innovative techniques and equipment, such as TRX functional training and boot camp-style workouts.

It adds up to well over 100 classes a week—a menu that is sure to please every taste in fitness.

Fitness Unlimited is constantly upgrading equipment and improving its facility. Last year brought interior design upgrades, and more recently Fitness Unlimited added new flooring in one of its three studios, purchased new spinning bikes and invested in Hoist Roc-It weight training equipment.

The club believes in a whole-body wellness philosophy that takes into consideration diet and nutrition. Registered dietitians on staff are available for weight-loss consultation and motivation.

One might wonder how so much can fit in what might seem like a small space.

“We are a big club, but people don’t think it [looks like it] from the street,” Whitney said. “Some people think a women’s club is small, but we’ve got it all, under one roof.”

Fitness Unlimited is located at 364 Granite Ave. in East Milton Square. For more information, stop in for a tour, visit their website at www.fitnessunlimited.com, or call 617-698-0260.



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Demonstrating the use of the barre at Fitness Unlimited are, from left, Saralynne Donovan, Pilates Director Danielle Miller, Lisa O’Toole and Alison Vardaro. (Photo by Kathy Kurtz Ferrari)

Committee OKs Tuition Increase

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range from \$2,755 (low enrollment projection) to \$2,625 (high enrollment), \$1,850 (low enrollment) to \$1,750 (high enrollment) for those receiving a 50 percent discount and \$925 (low enrollment) to \$875 (high enrollment).

Tuition for those receiving an 84 percent discount and 91 percent discount would rise as well but would remain the same regardless of enrollment numbers.

All tuition projections are based on anticipated FY14 full-day kindergarten grant revenue of \$133,450, which is a 15 percent reduction from the FY13 grant.

In the worst case scenario, one that sees no full day kindergarten grant revenue coming from the state, tuition for full fee full-day kindergarten would rise by \$800 (from the current \$3,550 to

\$4,350). The total operating expense for full-day kindergarten is expected to be \$2,098,492. The district is permitted to recover no more than half of that cost through tuition.

This will be the third straight year that tuition for full day kindergarten has risen. Tuition rose by \$100 in FY12 and by \$150 in FY13.

“We considered a number of different proposals for fee increase,” said Finance Subcommittee member Leroy Walker, “but we were confident in the proposed increase.”

Asked by committee member Sharon Kelly how the proposed \$3,700 for full fee tuition compared to other full day kindergarten programs, Assistant Superintendent for Business Affairs Matthew Gillis said the town is comparably affordable.

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