

'Healthy Melrose'

The city of Melrose and Melrose-Wakefield Hospital are teaming up with local health and fitness professionals to sponsor "Healthy Melrose," a Health and Fitness Fair, on Saturday, March 14 from 10 a.m. to 2 p.m. at Memorial Hall in Melrose.

This event will provide residents with an opportunity to explore options available for getting fit in Melrose. Participating organizations offering ongoing sample classes throughout the day include Body Empower, Fit Lifestyle Studios and the Melrose YMCA.

Businesses offering personal training include Joe Ingemi's 1 to 1 Personal Fitness and Fitness Together, as well as other.

Those with concerns and questions about cardiac health and blood pressure can speak with representatives from Melrose-Wakefield Hospital and the Melrose Health Department.

Members of the Melrose Running Club will be on hand to offer information about group runs, race events and running route suggestions. Information about hikes and walks through the Middlesex Fells will be offered by members of Friends of the Fells Reservation.

Residents will also be able to get a list of walks around the city, varying in length and difficulty, (and some with interesting historical sites). The list was created by the Mayor's Office and Marathon Sports in Melrose (formerly the Runner's Edge).

The Melrose Recreation Department will showcase city fitness programs for all ages, including boot camps and walk-to-run programs for adults.

In addition to exercise programs, representatives from Whole Foods, Trader Joes and other healthy food venues will be on hand to offer recipes, samples and suggestions for cutting fat and improving nutrition in meal planning. Brief talks will also be offered on a variety of subjects from avoiding sports injury to staying motivated.

Melrose area fitness/health businesses or providers that would like to be part of "Healthy Melrose" should email memorialhall@cityofmelrose.org.

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Focusing on the better you

Workout businesses offer attention, education

By Cassie Norton
Staff Writer

Each of Belmont's health and fitness studios offers a different experience and focus for its clients, allowing residents to try a variety of styles before settling on a workout routine in town. Many of Belmont's studios focus a combination of Pilates, a fitness system developed by a boxer and adopted by dancers, and yoga, adapted from meditation practices in India.

But there are two studios right across the street from each other in Cushing Square that offer an intense concentration on just one discipline.

At 453 1/2 Common St., residents can find the Belmont Yoga Studio, and at 454 Common St. is Every Body Pilates.

The Belmont Yoga Studio provides a different kind of yoga experience, co-owner and teacher Joseph Satlak said.

"We are a small studio, and our classes are limited to 16 people," he said. "We try to give a lot of individual attention."

Satlak and his wife, Candace, own the studio together and are the principle teachers. They have nearly 35 years of combined experience that they bring to each and every class.

The studio specialized in Iyengar yoga, which "has a tremendous focus on aligning the body," he said.

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"It's very precise in terms of the adjustments," he said. "It's oriented to be a holistic practice, so in addition to building flexibility and strength, it also works on concentration and strength."

Satlak said the studio's "very serious attitude and approach to yoga" is best for men and women who are looking for a "a very careful introduction to the practice of yoga."

"It's a very gentle and careful introduction," and is especially appropriate for people

who are recovering from injuries, surgeries or are elderly, he said.

It is also a good approach for those who have practiced yoga for several years and are looking for ways to deepen their experience.

"Students who have practiced for some time and want to take it to a deeper level, or work on the refinement of their yoga practice," will enjoy the Belmont Yoga Studio's approach, he said.

The Satlaks encourage new students to sign up for a session of classes, which can range from eight to 12 weeks, depending on the time of year, and are currently registering for the new session. They also offer a single trial, which costs \$20 for an hour and 30-minute class.

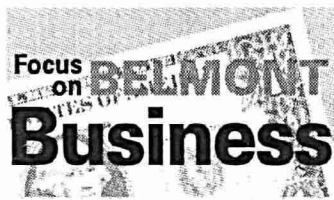
Every Body Pilates

Across Common Street is Every Body Pilates, which will celebrate its nine-year anniversary later this year. The studio focuses solely on Pilates, manager Kirsten DeFrees said.

"The original work of Joseph Pilates had an emphasis on quality teaching," she said. "We take that to heart. We look at the body in front of us, rather than operating with a pre-prescribed set of exercises."

Pilates, an athlete and physical therapy pioneer, designed a set of machines that seeks to re-pattern neuromuscular connections, resulting in a body that moves with precision and efficiency.

DeFrees said that while anyone can achieve that result, ath-



letes, the elderly and those with neurological disorders or who are post-surgery often find substantial benefits from Pilates.

Every Body Pilates is "wellness-oriented, rather than fitness-oriented," she said.

For those who are in chronic pain, the studio's exercises can "change the way you drive your car, the way reach for the phone, the way you carry your groceries," she said, which often results in a reduction of pain.

"It's really about feeling better in your life and in your body," she said.

New students are encouraged to take an introductory class, where they meet with instructors, tour the studio and work out their own, specialized training regime. Those 45-minute sessions are \$55. From there, classes range from \$17 per class to \$75 for a private lesson.

Fitness Together

In Waverley Square, there's another fitness studio dedicated to getting results.

Fitness Together, located at 30 Church St., provides a one-on-one workout regime that is tailored to a customer's specific needs.

"Every workout is different, because everyone's goals are

different," assistant manager Joe Cronin said. "If you want to train for a triathlon, your workout is tailored to that goal. If you want to lose weight, your workout is tailored to that goal."

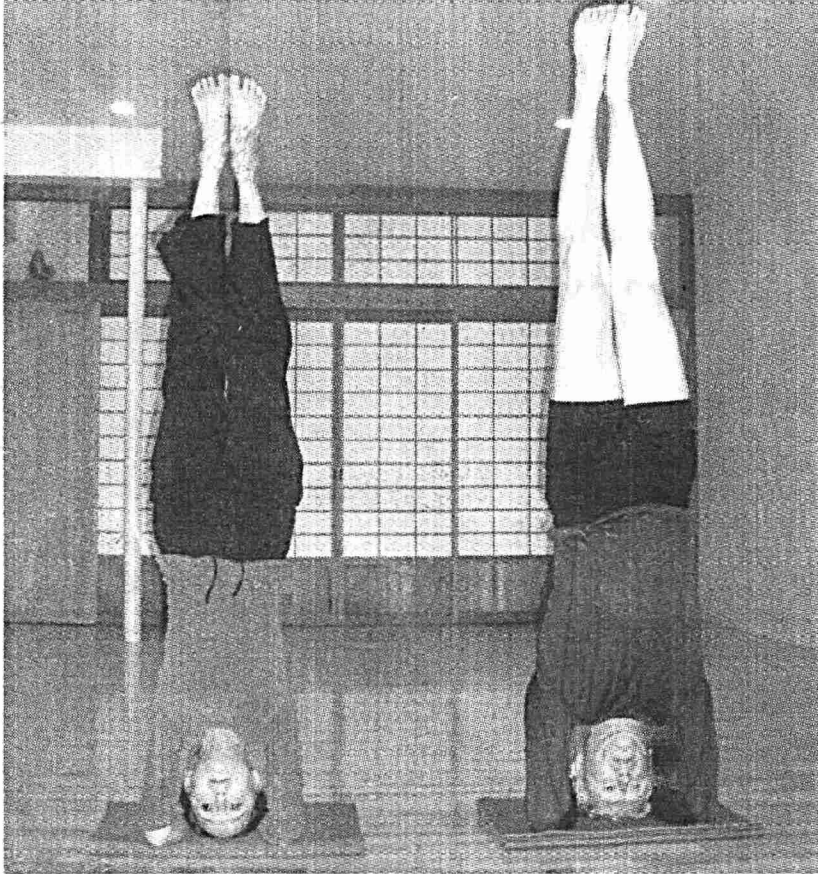
Clients meet with trainers for sessions based on achieving the clients' goals, whatever they may be. Nutritional counseling may also be included.

The individualized attention can be a huge motivator for clients who are leery of larger organizations, Cronin said.

"It's not like a big gym," he said. "You don't have to wait for machines or for guidance from a professional trainer."

Prices are based on how many sessions are purchased at one time, and whether the nutritional coaching is included. Fees range from \$60 to \$80 per workout, depending on how many are purchased.

- For more information about the Belmont Yoga Studio, go to www.belmontyoga.com or call the studio at 617-484-7365.
- For more information about Every Body Pilates, go to www.everybodypilates.com or call them at 617-484-3311.
- For more information about Fitness Together, go to www.fitnessstogether.com or call them at 617-484-9048.



Staff photo by Cassie Norton

Candace and Joseph Satlak, co-owners of the Belmont Yoga Studio in Cushing Square, demonstrate the proper technique for the salamba sirsasana pose.