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 Thursday, June 15, 2017
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Every body can be shaped at Hoopeston's new Sculpt Fitness Gym

Rachel Fenner is serious about fitness. A member of the Army National Guard, she keeps her body in shape.

For several years, the 26-year-old has helped others do the same, first in Indianapolis, then at Hoopeston Health and Fitness. In September 2016, she opened Fenner Fitness above Hoopeston Multi Agency.

Come Saturday, she and partner Kasey Moore will open their new venture, Sculpt Fitness Gym, in the former Willdon Building at 210 S. Market.

The fitness center/gym will be on the ground floor, which previously served as a bank. Staid paneling and teller windows have been replaced with large mirrors and multitudes of fitness machines. The vault that used to provide safekeeping for cash and valuables will now be a place of losing - belly fat - as Sculpt Fitness' ab room.

Moore, now 45, decided in 2010 to step up her fitness level, and along that path, Fenner became her trainer.

While serious about getting Sculpt Fitness ready for its grand opening Saturday, the two aren't above having a bit of fun in the process.

When Fenner is asked, based on her military back-



Kasey Moore, left, and Rachel Fenner at their business, Sculpt Fitness, which opens Saturday

ground, whether she's a drill sergeant when it comes to training, she replies "I'm not that bad." Moore raises a

See SCULPT on other side

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Sculpt continued from other side

hand to her lips and makes the locking motion, then unlocks long enough to grin and say, “She doesn’t use the whole force but you can see the potential”.

In March 2016, the women came up with the idea of a 24/7 fitness center/gym that would benefit both men and women. “It’s for everybody,” Fenner said. “If you could just highlight that in bold - it’s a unisex, fully functional gym.”

It also doesn’t matter what shape or age a person is. “There’s something for everybody,” Moore said. “The first step is the most important step.”

One of Sculpt Fitness’ philosophies is “It doesn’t matter how slow you go, Just. Keep. Moving.”

Besides coming up with equipment and classes they wanted to offer, the pair sought guidance from the DACC Small Business Development Center. “There’s no manual for starting your own business in the state of Illinois,” Moore said. “They kept us on the right path.”

Sculpt Fitness will offer strength, functional and cardio equipment and 22 group fitness classes per week, including low impact, high intensity, circuit training, functional and agility, strength conditioning and yoga. Fenner, who is International Sports Sciences Association certified, will offer personal training. Health and performance supplements will be available for purchase and commercial tanning beds will be part of the center.

The women plan to reach beyond exercise to hold mini seminars on health and wellness topics, such as nutrition and meal preparation, bringing in speakers for their members.

Initially, Moore will take the early morning shift before heading to her day job as an instructor of diagnostic medical sonography at DACC, a position from which she will retire on August 2.

Fenner will cover late mornings and afternoons and

Briefly
HA survey underway

June 15 is the final day for a Hoopeston Area School District online survey to help develop priorities. It is open to residents, students, family and staff, said incoming Supt. Suzi Hesser. The survey may be reached via a link at www.hoopeston.k12.il.us. Results will be shared with the community through a report to the school board.

Moore will be back in the evenings. “We’re cross trained,” Fenner said, adding either woman can teach the morning and late evening classes.

Being available 24/7, Sculpt Fitness has a camera system for security. Also, members will receive fobs that will allow them to use the equipment as their lives allow. Fobs will be programmed based on memberships. For example, for someone who only uses the tanning beds, a fob will only work during hours when staff is on site, Fenner said.

Sculpt Fitness has daily, weekly and longer rate. A one-day pass is \$5, or a \$10 one-week pass is available. Longer packages are available, including month-to-month at \$40 per month; a three-month, no contract option at \$36 per month. A six-month membership with contract is \$33 per month.

For those who join for a year, a platinum club membership is \$30 per month, which also includes the key fob fee being waived, a 30 percent discount on tanning and entry into quarterly drawings.

There are discounts for multiple members of a family, at \$10 off each member added to the account; and \$5 off listed prices is given for seniors 62 and older, students ages 18-22 and heroes - police, firefighter and active or retired military, with proper documentation.

Group fitness classes - of eight weeks and 32 sessions - are \$100 per class for members and \$140 for non-members.

Personal training is available only to members and comes with a free assessment. A four pack of one-hour sessions is \$50 per pack.

Tanning is available at \$7 per visit; a vacation package of six for \$30 or unlimited-monthly/no contract, for \$40 per month.

Everyone who becomes a member on Saturday will be entered into a grand opening drawing for a chance to win a free one-year membership.

Sculpt Fitness will be open 8 a.m.-8 p.m. Saturday for its opening. For more information, email sculptffit-

Weather

Chance of thunderstorms today. High 89. Tonight, mostly clear. Low 67. Tomorrow, mostly sunny, chance of storms. High 89, low 68.

ness@gmail.com or find them on Facebook at Sculpt Fitness Gym.

Obituaries

McBEATH - Inez Lorraine “Aunt Rennie” (Kelley) McBeath, 89, of Hoopeston, died at 11:45 a.m. Monday, June 12, 2017 at home. Visitation will be 11 a.m. until the 1 p.m. celebration of her life Friday at Blurton Funeral Home, Hoopeston. Burial will follow in Floral Hill Cemetery, Hoopeston. Memorials are suggested to First Christian Church of Hoopeston or donor’s choice.



Classifieds

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