



Challenge Yourself

Business Spotlight

RPFitness

By Mary Colarik

If it is January, it must be time for that same old story, you know the one, where magazine covers shout out the latest diet and exercise plan, books and celebrity trainers and news reporters on television and radio shows encourage people everywhere to make changes to improve their life by quitting smoking, exercising more, eating healthier, saving money, organizing home and office, etc.

It seems as though almost everybody starts off that first Monday after New Year's Day with a gun-ho attitude that this is the year that they will stick to the diet and exercise plan, plunging in with both feet to whatever the "new" program may be. Everywhere we turn we see the ads promoting a place or a program that promises a new, improved, better healthier way to a new body. And, amazingly, each program does seem to be a "perfect" solution for weight loss and replacing unhealthy habits with new healthy habits.

Experts claim that it takes 21 days to break a bad habit and create a new healthy habit or change in lifestyle. As

anybody knows who has made a change for the better it takes courage and resolve to reach the goal in mind.

Matt Probst, owner of RPFitness is an example of a person who not only resolved to make changes to improve his physique several years ago, but just over two years ago, also took a courageous step away from his original career of crunching numbers as an accountant to becoming a dedicated trainer who helps clients crunch abs and build muscle at the "largest privately held wellness center in the Akron area."

Probst is passionate about his club and educating members about fitness. RPFitness is not just a place where clients "bang around weights," rather it is a place where he, as the owner, is available to talk with anybody who is working out there about what he knows about fitness and nutrition and how they can transform their workouts to get the results they desire.

Although RPFitness is a large, 26,000 square foot facility (the space was originally a Bally's Total Fitness), it offers an atmosphere that is friendly and family oriented. A staff member at the front desk greets members as they enter the club. The club has a large selection of state of the art exercise equipment, including a contemporary cardio room with a variety of 52 cardio machines, 38 fitness classes per week, a free weight room,

racquetball courts and a special room with MedEx equipment designed for working one-one with one of six different Personal Trainers. Babysitting is provided for an additional fee, and for older adults can participate in the nationally recognized Silver Sneakers program is available to those members who are over 65 and on Medicare.

On his journey to owning his own fitness center, Probst also acquired a nutrition business and has recently partnered with Ritzman Pharmacy-selling vitamins and supplements on site; additionally he has an online store with approximately 4,000 products. Healthy snacks and smoothies are available for purchase before or after a workout.

Probst is proud of the personalized service that he and his staff extend to all members. He says, "the RPFitness staff is committed to helping our members and clients achieve the health and bodies they have always dreamed of through unparalleled customer service."

Currently, Probst would like to "welcome all former Bally's members to visit the facility and see all the improvements that have been made since Bally's vacated the space." He will give each of these former members a free three-week pass which will give them the 21 "free" days that it takes to create a new habit



The club is located at 1653 Merriman Road 44312, for more information contact RPFitness at 330-867-2399 or visit rpfitt.com.