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Fitcorp celebrates 30th anniversary

November 24, 2009 - Retail

Fitcorp, one of the oldest and largest chains of locally-owned fitness centers in the Boston area, recently celebrated three decades of helping people "meet their fitness goals."

In 1979, when getting into shape was not the hip concept it is today, Fitcorp founder Gary Klencheski took a bold chance on starting a business based around the benefits of living a healthy lifestyle. The gamble paid off, as the fitness chain now works with close to 175 of Greater Boston's most successful companies. Klencheski estimates that the 10 Fitcorp locations combined have helped Bostonians shed more than one million pounds and inches since the business started.

"Today, there are few, if any, two-hour martini lunches, and Jazzercise, Jane Fonda and Walkmen have been replaced by Lance Armstrong, Zumba and iPods.. When I sit and reflect on my career, I couldn't have dreamed it to be any better. I wake up every morning and know that I am making a positive difference in people's lives. To think that 60% of American's are overweight and understanding that exercise does play a significant role in reducing the chances of diseases such as cancer, heart disease and diabetes, I feel great about what we do here at Fitcorp."

Fitcorp's 30 years old and we're thriving. Fitness is the best thing going and is here to stay.

New England Real Estate Journal - 17 Accord Park Drive #207, Norwell MA 02061 - (781) 878-4540