

**ClubFit's 25,000 sq. ft facility offers affordable access, friendly atmosphere, and large variety of programs**



*Training at ClubFit is known to induce weight loss, improved health & fitness levels and smiles!*

ClubFit at the Dartmouth Mall is packed with superstars. I'm not only talking about the coaching line-up, but the friendly and considerate clientele. As a person that used to frequent a "hardcore" gym chain, I started to believe that going to the gym meant you had to deal with a whole variety of meatheads. Those that soak machines and walk away without wiping down, those that protein fart crop-dust with great delight, or bark, scam, cry or let out some other bloodcurdling, distractedly odd noise while lifting.

But that was the 80s and 90s. Those types of gyms have

virtually died out everywhere, except in major metropolitan areas. They been replaced, by the less elitist, better atmosphere having fitness center. These are places where you can pick things up and put them down, but you also have a one-stop destination where you can get your yoga, Zumba, cycling, body sculpting, spin class, kickboxing, etc. "on." Best of all they are no longer populated with "meatheads," but have become female and family friendly. In fact, there are 2 Women Only areas (one with a cardio theater) and ClubFit welcomes all health and fitness enthusiasts from the age of 12 on up. There's even a day care for the little ones, so you have no excuses!



*Karyn Clements  
incredibly popular  
yoga classes come in  
the traditional, hip  
hop and heated kind.*

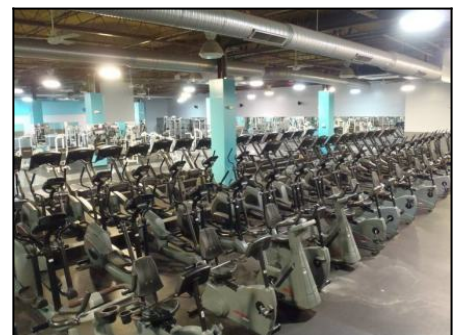
Anyone who has ever read even a cursory amount of material on health and fitness, knows that changing things up and approaching your fitness regimen with spontaneity is one of the most efficient methods for growth and improvement. And anyone who has ever tried any of the umpteen ways to get in shape, knows that things can get boring FAST. Variety is not only great for health, muscle and cardiovascular gains, but it keeps one's interest. Getting bored of spin class? Try the Body Sculpting class. Feel that learning how to throw a punch and kick wouldn't hurt when it comes to defending yourself? Take some kickboxing for a few months. Have an injury and need to slow down, but don't want to take a step back and gain weight again? There's yoga. Whatever it is that you are

looking for – weight management, health, fitness, etc. – it's there.

You can see a full list of classes [here](#).

That's the brilliance of the fitness center concept and what ClubFit has in spades. The variety is astounding – so large in fact, that they need a whopping 25,000 sq.ft. to contain it. You will never find yourself bored and you can always find new challenges. Of course, there are many fitness centers that utilize this method, so what separates one from the other? Why should a person come to ClubFit as opposed to many of the other fitness centers and gyms?

The coaches, staff and the clientele. ClubFit has a world class, accredited coaches and some of the friendliest staff in any business on the South Coast. No one likes to feel unwelcome and often when we are just starting out with a fitness routine, we beat ourselves up: we look in the mirror and see every extra pound of fat. Every wimpy muscle. Every sagging spot. So, the last thing we want with our deflated pride is to be made to feel unwelcome and discouraged. We need a little encouragement and a little morale boost – something you get in abundance from ClubFit's coaches and staff from the moment you walk in the door.



*ClubFit has all the amenities, machines, weights, and classes you can handle. You'll never have to wait for*

*a machine!*

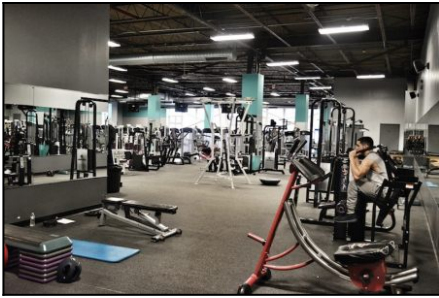
I discuss passion in many of these spotlight articles. In fact, I bring it up often. This isn't a default position and lip service. Passion moves people and keeps them moving. A business run by passionate individuals is contagious and they want to infect everyone. So they either reach out to us to share their message or when we are visiting these places, we mention sharing their story and they eagerly leap at the opportunity.

ClubFit is filled with coaches who as passionate about the program they are hosting and the students in their classes. You'll be asked a lot of questions about your objectives and goals. You'll be evaluated (FREE). There is a two way discussion – you are not talked at, you are conversed with. You'll be inspired and motivated. Meeting goals has to start with those two things. Everything else is built upon them.

Once you are involved, your are motivated, your interest kept, and your questions answered there's no stopping you from plowing through your goals. It's easy to commit with coaches like Hani Friedman ([Circuit Training for Women](#)), Derrel Hollins ([Kickboxing](#)), and Karyn Clements ([Yoga](#)).

If group classes aren't your cup of tea, you are welcome to use the center's machines, treadmills, bikes, and ellipticals on your own or with your favorite training partner. If you are comfortable yet using any of these, or need an extra kick in the pants, you can have personal training.

When you add the juice bar, sauna and steam room you get a well-rounded facility with all the amenities you could ask for. You can even rent a room and have a Zumba birthday party, corporate outing, private Yoga, Zumba or boot camp.



*The family friendly  
ClubFit takes up a  
massive 25,000 sq.ft.  
at the Dartmouth Mall.*

The website is not just for eye candy, but is very practical. There is a ticker feed that lets you know that day's classes, a color coded calendar with the week's schedule, a blog, and of course, a place to contact them. One of the fun elements that the site has is the photo gallery section and the funnest one is the [Sunz Out Gunz Out](#) selfie gallery where enthusiasts can flex their "guns" and show off the product of their hard work.

The folks at ClubFit are so confident that they have something special, that they offer a 7 day pass which can be printed out [here](#). Most places I've been to will give you a day pass or allow a current member to hand you a guest pass. A week pass is generous. They know that after a week of experiencing ClubFit, you'll be hooked.

If you are looking for an affordable, fun, immaculately kept gym with an energetic, motivating coaching staff, and friendly staff look no further than ClubFit. With membership starting at \$10 down and \$10 a month, you have nothing to lose but weight and baggage!

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**ClubFit Fitness Center**  
200 N Dartmouth Mall  
North Dartmouth, MA 02747

Phone: (508) 992-0094  
Email: [info@clubfitdartmouth.com](mailto:info@clubfitdartmouth.com)

HOURS OF OPERATION

*Monday-Thursday: 5:00am-11:00pm*

*Friday: 5:00am-10:00pm*

*Saturday: 6:00am-8:00pm*

*Sunday: 6:00am-6:00pm*

DAY CARE HOURS:

*Monday- Thursday: 8:30am-11:00am, 4:00pm-8:30pm*

*Friday: 8:30am-11:00am,, 5:00pm-8:00pm*

*Saturday: 8:30am-Noon*

**Facebook:** [facebook.com/escape.tofitness](https://facebook.com/escape.tofitness)

**Website:** [clubfitdartmouth.com/](http://clubfitdartmouth.com/)

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