

On The Move



Club Physical winners, from l., Toni King, Cathy Worlsey, Paul Richards, Tina Richards, Shelley Miles, Jody Carter

Award Winning

Club Physical Receives *Fitness Life* Awards

> *Fitness Life* magazine, New Zealand's leading industry publication, recently singled out Club Physical, an Auckland chain with 13 locations, in its annual industry awards. Among the many wins scored by the company were:

- Toni King, a runner-up for Instructor of the Year;
- Jody Carter, Auckland's Personal Trainer of the Year;
- Club Physical Xpress, Fitness Center of the Year (North Island Best Under 700 Members);
- And Club Physical Xpress, Fitness Center of the Year (New Zealand Best Under 700 Members).

MACMA Presents 2006 Awards Of Excellence

> The Mid-Atlantic Club Management Association (MACMA) announced its 2006 Awards of Excellence

at its recent annual conference. The winners included:

- Body Zone Sports and Wellness Complex, in Wyomissing, Pennsylvania, which was recognized for developing a community-based activity program that reaches 5,000 elementary school children and their parents;
- World Gym Express, of Fairfax, Virginia, for innovative member and community wellness programming;
- And Westmoreland Athletic Club, based in Greensburg, Pennsylvania, for a fitness and weight-loss study that increased sales dramatically.

In addition, the organization announced its annual scholarship winners. The eight health and fitness professionals will receive scholarships from the American Council on Exercise (ACE), the National Academy of Sports Medicine (NASM), the National Strength Professionals Association (NSPA), the National Council on Strength and Fitness (NCSF), Body Training Systems, and Les Mills Mid-Atlantic. The winners are: Wendy Fureman, of the Momentum Fitness Center, in Mechanicsburg, Pennsylvania; Kerissa Kuis, Keystone Health Club, East Pittsburgh, Pennsylvania;

Julia McNaney, Navy Federal Credit Union Fitness Center, Vienna, Virginia; Jason Williams, Bel Air Athletic Club, Bel Air, Maryland; Jeremy Peterson, JOHO Fitness Center, Washington, D.C.; Anita Roundtree, FEDS Fitness Center, Baltimore, Maryland; Truet Purnell, Lifebridge Health and Fitness, Baltimore, Maryland; and Chiquita Stephens, JCB Fitness Center, Washington, D.C.

MACMA, a nonprofit IHRSA affiliate, exists to educate and promote private health clubs in Maryland, Virginia, Washington, D.C., Pennsylvania, and Delaware. ■



MACMA might Winners, from l., Truett Purnell, Anita Roundtree, Ted Mannerling, MACMA President Denny Doyle, Julia McNaney, Jason Williams, Wendy Fureman, Laurie Corbett, Jim Reece

Career Moves

Sanciprian Takes Ownership of LA Workout

> For 17 years, entrepreneur Mike Sanciprian has worked his way up the ranks of several major fitness chains, including Family Fitness and Jack LaLanne. His hard work and determination have paid off. Today, Sanciprian holds the title of club *owner*. He recently purchased LA Workout, which has two locations in Camarillo,

California, and announced the acquisition of a third unit, a 20,000-square-foot site at a former Total Woman location, in Camarillo Village Square. The new facility, which is scheduled to open this month, will be equipped with the latest amenities, including flat-screen TVs on all cardiovascular equipment and digital locks on all lockers. It will feature three group-exercise studios—one for mind-body programming, one for virtual-reality group cycling, and a third for kickboxing and boxing “bag” classes. The Camarillo Village facility will also offer Kids Motion, a program for chil-

dren ages 1-12 that includes cardio, circuit training, and kickboxing, and a special children's anti-obesity program that focuses on nutrition. ■

Expansion

LA Fitness Debuts in The D.C. Market

> The West Coast is bringing its influence to the nation's capitol, as L.A. Fitness opens its first Washington, D.C.-area facility in Silver Spring, Maryland. The ▶