

'Fitness Options' has new owners

By JOYCE L. CARROLL

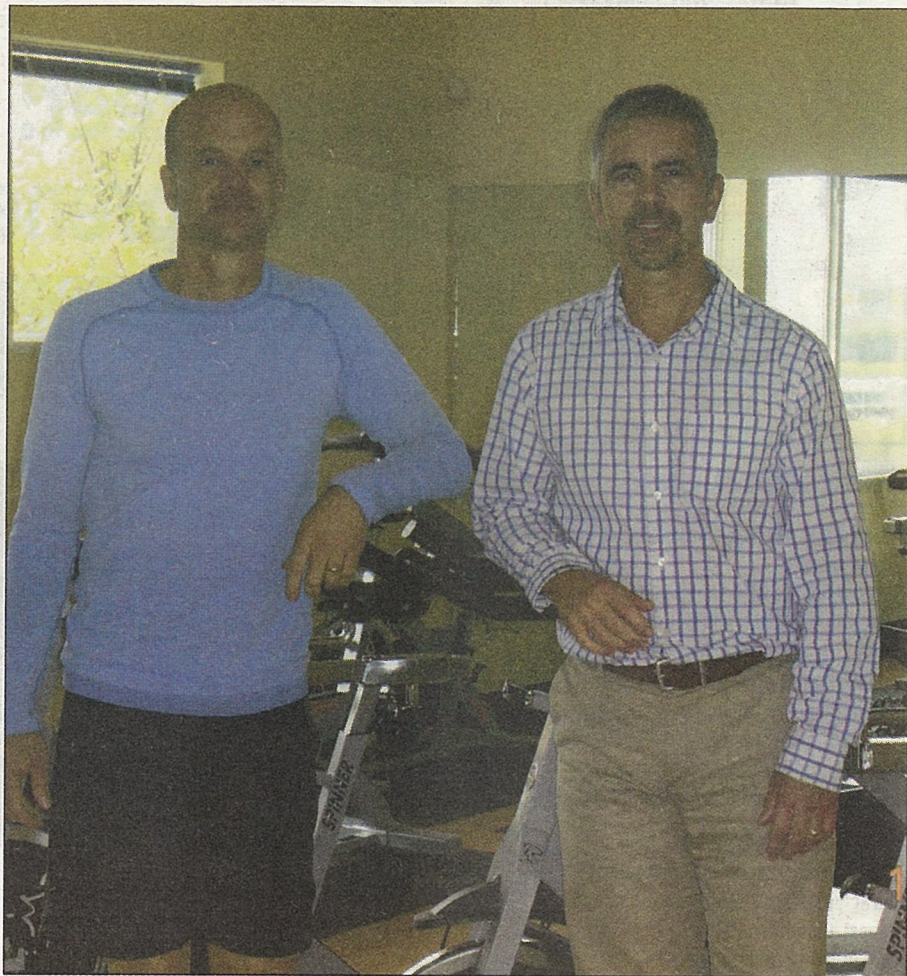
Fitness Options, a holistic facility that combines small group classes, workshops, and personal training services, has new owners. David Means and Shaun O'Connor took ownership of the business in June. O'Connor also owns Cata-mont Physical Therapy, a practice that shares space with Fitness Options. Means has had an active role as a personal trainer at the facility for the past two years.

Although the business has undergone ownership changes, its philosophy remains the same. "We absolutely adhere to [a holistic] model, and emphasize it more so than in the past ... It's a balance to achieve those particular goals," Means said, referring to the mind/body connection.

Changes at Fitness Options are as holistic as the philosophy: A rebranding process is in progress; remodeling has occurred, including new rubber flooring and repainting; and additional staffing — two new trainers — were added. An open house was held in October to show off the new digs. "We really want people to understand that we're a hidden gem here in South Burlington," Means said.

While Fitness Options offers classes, the facility shouldn't be confused with a health club or gym, Means said. "Ninety-nine percent of what we do is personal training. We address function, and make sure you're doing it correctly," he said. O'Connor added that their highly skilled staff have advanced certifications, enabling customized programs for clients with medical needs. A punch-card method of payment enables a client to take part in various classes.

Fitness Options is located at 1050 Hinesburg



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From left, Fitness Options owners David Means and Shaun O'Connor.

Road, South Burlington, VT. 05403. The phone number is 802.863.4848. The web address is www.fitnessoptionstv.com. While Fitness Options does

offer hours around its clients' needs, the business is open 5 a.m. until 7 p.m. Monday through Friday, and from 5 a.m. until noon on Saturdays. ❖