

Reps n Rounds offers full-body workout

If you're looking for over all strength and conditioning, Reps n Rounds in Shelburne has a program designed for a full body type of training.

The gym opened in May of 2014 and immediately became a hit with both local fitness enthusiasts and many from out of town who show up for the gym's unique style of training.

Trainer Kelly Zacney is certified in Cross Fit level 1, gymnastics, weight lifting, and strongman training and teaches high energy routines in a classroom setting.

With five classes per day, you can drop in to any session and get a workout that will leaving feeling like you've accomplished something good for your body.

"It's awesome, we've had a great group of people come out," Kelly said of what has happened since the gym opened in May. "We've had everyone from 14 year old girls up to 45 year old men. Some are experienced and other have never tried it before. We have everything from heavy weights to intense cardio. It's full body, all over training."

Classes are held at 7:30 a.m., 9 a.m., on weekday mornings and in the evening at 5 p.m, 6 p.m., and 7 p.m.

There's also a Saturday morning class that starts at 9 a.m.

If you're unsure about joining a gym, the first class is always free so you can drop in and check it out.

Because of the open style of training in a class setting, the number of people in a class will vary depending on who shows up.

"The workout is provided for you in a class setting," Kelly explained. So it's like having a personal training but with friends around you while you get fit.

The gym is located at 736 Steeles Street in Shelburne, across from the Home Hardware.

By Brian Lockhart