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Members of Xtreme Fitness focus on speeding up on their spinning bikes as gym owner Crystal Curry, foreground, shouts both instructions and encouragement from the instructor's bike during a session Monday evening at the new fitness facility. L&T photo/Keeley Moree

### Xtreme Fitness off to rolling start

By KEELEY MOREE • Leader & Times Dozens of people traded in their work shoes for sneakers to make it in time for Monday night's spinning class at Liberal's newest gym.

Members both young and old, male and female filled a set of spin bikes at the end of a large gym and began warmups for the class session. Xtreme Fitness owner Crystal Curry turned on some music to get the crowd pumped up, but the room was already alive with chatter as newfound fitness pals shared their day with one another.

"This is my fourth class today!" one said to the group, before adding that she may have taken a frozen yogurt trip in between.

The comment sparked cheerful laughter and questions about which flavor combinations she tried. Curry then hopped on the instructor's seat, gave her students a smile and led the class through a blood pumping workout.

"We've always wanted to start a gym. Me and my husband are both really, really into fitness,"

Curry said. "It's definitely a big part of our lives. I've taught aerobics for 15 years, and so we wanted to open up our own place so we could offer more classes to everybody and a wider variety."

That dream came true on Jan. 21 when Xtreme Fitness opened on the north end of Liberal. The 24-hour gym offers rooms full of cardio and weight equipment, as well as a spacious classroom for the Zumba, spinning, step-aerobics, kickboxing, yoga, body pump and body sculpting classes offered all week long.

Curry says the variety of classes and session times gives the new gym an edge over area competitors. "We have 32 classes a week and our instructors are certified, that always helps," she said, adding that, "If there are classes going on, then there's daycare available."

Curry shared that her goal was to eventually reach 400 members. That number, however, has been reached within six weeks and continues to climb.

Single membership for the gym costs \$40 a month with couple's rates at \$70 per month and a rate for a family of five at \$100.

"We do have corporate rates if a business has employees who want to join. As long as we can bill the business, then they can sign up corporately," Curry added.

One instructor will soon be getting her certification, bringing the number of certified instructors at the gym to seven. This will allow for additional sessions of the gym's most popular class – spinning.

"Spinning is a big hit. A lot of people have already said that in six weeks they've lost 7 to 10 pounds," Curry said, adding that the facility will soon join seven spinning programs to become certified in Kansas. Xtreme Fitness members show up 30 minutes ahead of class to reserve a spot in the class, and Curry said it's normal to have a 40 people come in for a kickboxing or Zumba session.

The gym is busiest in the mornings and evenings, and some members show up as late as 2 a.m. or as early as 4:30 in the morning. Curry says feedback has been positive so far.

"Women say there's a very comfortable atmosphere here – that's something we're hearing a lot of," she commented.

Curry explained that the benefit of social interaction is what she considers to be an important part of gym membership.

"Being in a group atmosphere really helps you stay motivated, rather than being at home by

yourself,” Curry said. “At home you think, ‘Oh, I’ll just slack off or just go 20 minutes.’ Being in that group setting really helps.”

Curry added that staff are also trained to help people get on the right track with their fitness routine.

“Our weights are brand new. Our equipment is plate loaded with a lot of Hammer Strength equipment,” she said. “We do offer an orientation of all the machines for any new member who comes in so you know what to do. If anyone that ever needs help – let’s say they want to work their triceps or their biceps – we’ll go through and show them the exercises to work those.”

With business off to a steady start, Curry sees a big future ahead for Xtreme Fitness. Within a few years she hopes to build a new facility north of their current location where tanning beds, massage therapy and salon services can be offered.

Xtreme Fitness is located at 2630 N. Kansas (across from Applebee’s restaurant). For more information about classes, rates or starting a membership, contact (620) 626-7200.

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