

MOTHER OF 4 SEES RESULTS WITH 30-MINUTE WORKOUTS



KALA LOCOCO

Kala Lococo found that working out 1 to 1 1/2 hours a day, three times a week at a fitness club didn't give her the results she was looking for.

That all changed when she started going to Fit4Lincoln's boot camp-style classes four to five times a week. The gym offers monthly memberships, and its mainstay is 30-minute, high-intensity training workouts. Typical exercises include box jumps, pushups, burpees, plyometrics, interval training and abdominal strengthening.

After five weeks at Fit4Lincoln, Lococo was hooked as she started to see physical changes. Nearly a year

later, the 34-year-old mother of four said she is about three pounds shy of her weight-loss goal. She has tapered back to 3-4 workouts a week, down from 4-5. Fit4Lincoln's schedule includes 6-8 classes each weekday and a single class on both Saturday and Sunday.

Lococo shared that she finds the group workout atmosphere encouraging. When she took a new job recently she had to switch to an earlier time and said it was hard to leave the 9:30 a.m. class. "It's like a little family," she shared. "It's just the whole group experience, having people push you."

Fit4Lincoln owner Matt Priess said

Lococo is very dedicated. "She's just very supportive and very consistent, which is huge when you are trying to reach your goal," he stated. Priess praised Lococo's success. "She's lost so much and is enjoying her newfound fitness."

To ensure success Fit4Lincoln trainers monitor clients closely. Once a month they conduct weigh-ins and take measurements. They also recommend dietary changes and specific foods to eat after a workout and foods to avoid completely, Lococo said.

Attendance is tracked, too. "They'll message you if you haven't been in for a few days," Lococo shared. "If you can't make it in, they'll send you a workout to do at home," she added.

"It's not about money for them; it's about making sure you get what you want out of it and you're staying on top of it," Lococo shared.

The workouts are always something different. "And they're always trying to improve and push us harder, especially those of us who have been going for awhile," Lococo said.