

Will Frazier does some curls at D.C. Fitness which he recently acquired downtown. The gym is 24-7 and offers a wide array of machines and free weights. Members can do their work out any time of day or night by using their keycard to get in.

D.C. Fitness offers 24-7 workout fix

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Staying fit can sometimes be difficult for working men and women who just can't find time in their day to run on the treadmill or pump iron.

"I thought working on my job was enough of a workout, but it wasn't," admitted Will Frazier, owner of D.C. Fitness located downtown on West Webb Street, formerly known as Lack's Muscle Shack. "There's a difference when you add resistance. It helps build up your tendons and increases your range of motion."

Frazier, who works at Love-Cantrell by day, has recently made the facility a 24-7 workout center, accessible by its members by use of a key card.

"I believe our community needs a 24-7 gym because there are a lot of people who can't come during regular hours," he said, noting over 2,000 DeKalb County residents work second or other unconventional shifts.

Frazier believes the key card system also helps out with security since only

BUSINESS OF THE WEEK

members can get in. There are also security cameras located through the gym which is situated within sight of the sheriff's department. He said members should feel secure working out after normal hours given the security measures that are in place.

Frazier said people will see results if they just keep to a regular workout regimen. "Results can be a self-motivator," he said. "Everybody wants to look good."

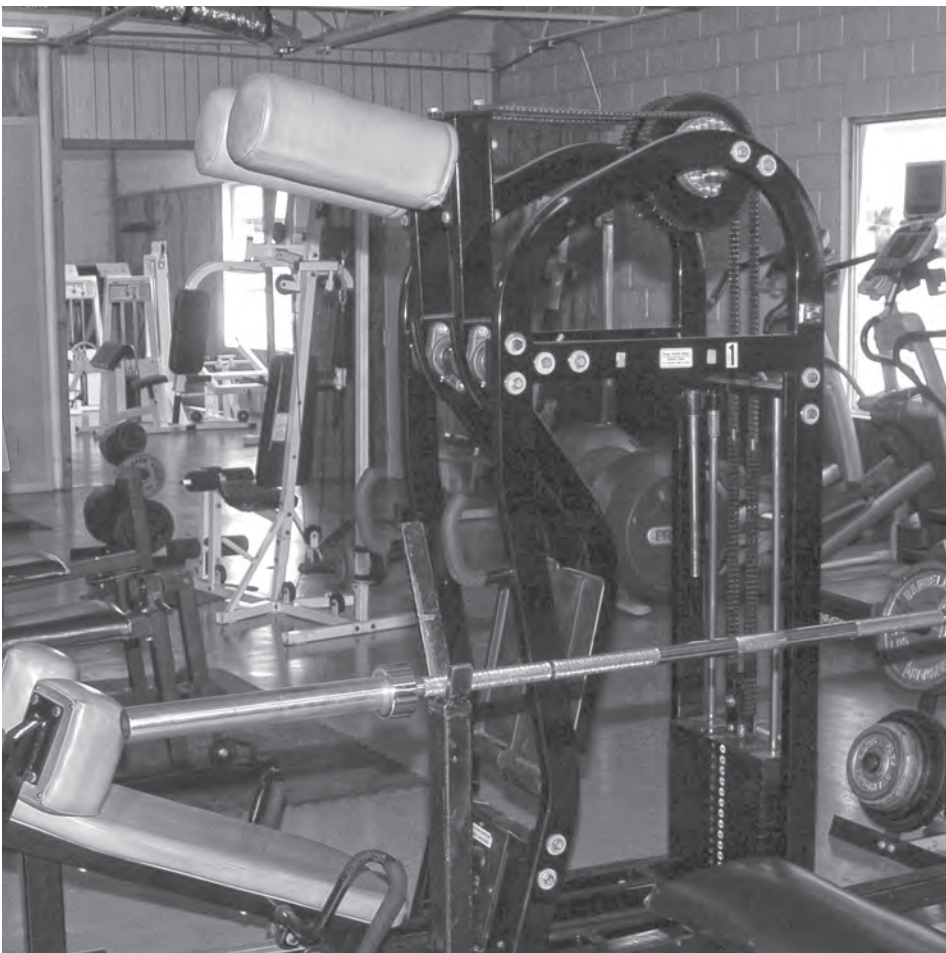
D.C. Fitness has a wide array of weight and cardio machines. Free weights and functional training machines are located in the front of the gym while cardio and core are located in the back, all with a view of downtown from the second story window. He said he plans to update the machinery and changed things around over the coming months.

Frazier noted that the good thing about working out is that it is the gift that keeps giving. "Cardio will burn calories," he pointed out. "And when you work out, while your muscles

are rebuilding, your body will continue to burn calories for 48 more hours."

D.C. Fitness operates on a monthly fee basis with no contracts. Cost is \$30 per month and \$10 additional for each additional family member. Anyone wanting to join may meet with Frazier and get a pass card by calling him at 931-261-6422.

"You may get a little sore at first but push through it," he encouraged. "It'll be well worth it to get better health."



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