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Cloud 9 Fitness Studio: New Women's Gym a Success

September 21, 2008 – Heavy base pumps through the studio as running shoes hit the treadmill and laughter disperses across the weight room at Cloud 9 Fitness Studio on Water Ave.

The new women only gym has been a great success, providing a club for women to laugh, exercise and work towards goals together.

The hard-wood floors, leather sofa chairs and fine-art on the walls, create an atmosphere that feels like a Martha Stewart living room; until you take a few more steps into the realm of cardio equipment and weights. The impeccable studio is carefully divided into two sections, one for cardio and the other for weights. The treadmills, elliptical cross-trainers, stair-climbers and row-machine are strategically placed next to windows, so women can see what's going on outside as they exercise. Next to them, is plenty of open space to stretch or use a yoga ball. The adjacent room holds free weights and weight machines set up for easy circuit training.

Local women are excited and encouraged to have a comfortable place to exercise.

"I love it because I don't have to deal with muscle-heads," Trisha, a Cloud 9 member giggles. "I can be myself and not feel like everyone is watching me exercise."

Owner Karen Polishk opened Cloud 9 Fitness Studio last April. Hours are Monday-Friday 8:00 am-8:00 pm and Saturday-Sunday 8:00am-12:00pm.

For more information, call Karen Polishk at *****.