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NEW BUSINESS | FIT2BOX FITNESS STUDIO

## IT'S TRAINING DAY

HOLLYWOOD GYM COMBINES BOXING AND WEIGHT TRAINING TO GIVE CUSTOMERS THE BEST OF BOTH WORKOUTS

Special to The Herald

BY MARCIA FREIDENREICH

Psychologist Jason Zack of Miami Beach makes a weekly trip to Hollywood for what he feels is an incredible stress reliever: boxing.

Zack goes to the new FIT2BOX Fitness Studio, 5814 Stirling Rd., to work out for an hour with the studio's owner, Eric Pfahler, a certified personal trainer.

Zack said he began working with Pfahler even before he opened his studio, which Zack described as "very clean and professional."

He said boxing provides super relief for tension.

"I always feel better after I work out. It works your upper body, gives you a cardiovascular workout and even strengthens your legs through kicking," Zack said.

He and Pfahler also do exercises that strengthen abdominal muscles and stretch the entire body.

Zack enjoys using the various workout items available at FIT2BOX: the punching bag, speed bags, timer, weights and a treadmill. "You never get bored during a workout there," he said. Pfahler tailors workouts to his clients' needs, with an awareness of their health concerns and the safety of each workout.

He'll push you to work hard, but he's also sensitive to your health on any particular day, Zack said, such as a sore muscle or body part that needs rest rather than work.

Dena Smith of North Lauderdale, who has been working out at the studio since it opened Oct. 1, does a combination of boxing and weight training two or three times per week.

"What I like about coming here is it's a great way to relieve stress," Smith said.

She works full time and is a single mom to her 1-year-old daughter. She finds time for her workouts because they have become an important part of her life.

Pfahler has been a certified trainer for 12 years, and once worked for a national chain of gyms.

"I didn't like the high-pressure sales tactics the big gyms use to get people to join. I remember once seeing a salesperson make a woman cry while he pressured her into a gym membership," Pfahler said.

In his own studio, no one should feel uncomfortable, he said. "I'm all about lifestyle, making fitness a part of everyday life."

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