



August 10, 2008

[Fairmont Fitness 'committed to this community'](#)

By Jessica Legge

FAIRMONT — With the opening of Fairmont Fitness, Jerry Gardner and Randy Murray hope to continue providing service in the community for many years to come.

Country Club Health & Fitness Center opened in 1973 at 1499 Locust Ave. in Fairmont, and in 1983 Gardner and Murray became the owners. They did a lot of improvements to the facility over the years, but the business eventually outgrew its nearly 8,000-square-foot space. Frequent flooding was also a problem.

In January 2007, workers started clearing the property on Watson Hill above Pizza Hut to make way for a 13,000-square-foot health club. The brand new facility opened at the end of July. With the move, Country Club Health & Fitness Center's name changed to Fairmont Fitness.

"Visibility is awesome up here," Gardner said. "Our goal was to make it as convenient as possible."

"We're committed to this community and try to make it as affordable as possible."

Gardner said the facility's coed exercise area features a new line of equipment — called Matrix — that is smooth and strong. Large windows in the cardio area bring in natural sunlight and provide a view of the activity in Fairmont. The gym also has a ladies-only exercise room, which is "kind of a club within a club," he said.

Every day, group fitness is offered upstairs in an isolated exercise room. Fairmont Fitness currently has Zumba, aerobics and yoga classes and is working to add other types of exercise.

The health club has private men's and women's locker rooms that lead to the pool area. A waterfall descends from the hot tub to the indoor heated swimming pool. The moist steam room, dry sauna and menthol room are side by side and together look like a little cabin.

Women can visit the wet area on Monday, Wednesday and Friday, and men get their turn on Tuesday, Thursday and Saturday.

"The pool area — that's something that our club could not be without," Gardner said.

Derek Falkenstein also recently moved his practice, Country Roads Physical Therapy & Rehabilitation, inside the new facility. He offers a variety of treatments and services and will have a specific pool designated for his therapy patients.

Fairmont Fitness is working on things like the landscaping and shelving and is trying to get all the little details done, Gardner said. The gym will also have flatscreen TVs. In the future, the owners would like to put a patio outside of the pool area.

Gardner and Murray designed the layout of Fairmont Fitness. Gardner said the health club's appearance emulates other major gym chains across the country, but is scaled down.

Fairmont Fitness has dark ceilings that are exposed and open, Murray said. The open rafters and visible ductwork as well as the studio-style track lights make the architecture unique, and members think the place is beautiful, Gardner said.

"The response has been really good," he said. "It's been encouraging."

Gym member LeeAnn Barnes picked out the colors, curtains and decor for the new facility. Gardner said Barnes incorporated natural colors from outside to create a feeling of the outdoors.

The building features a lot of greens, blues and yellows, and Murray said clients like the colors and the way it flows.

One member said the new facility reminds her of a lodge, and another commented that it makes her feel as if she's on vacation, Gardner said.

Murray said Fairmont Fitness has "more of a resort feel" and is a comfortable place.

The front desk sits in front of a large stone wall in the lobby, and stonework adorns the pool area, too. The floors in the wet area and lobby have a shiny concrete coating that has been textured and colored by hand. Local contractors were hired to do the work, and members also helped out.

"We didn't have to go out of the area to get this place together," Gardner said.

The club, in its 35th year, emphasizes the benefits of working out and how to start exercising the right way, Gardner said. Exercise involves determination and dedication, and Fairmont Fitness can help customers work toward their goals.

"It's a lifestyle change and a behavioral change," he said. "You're doing something today to make you better tomorrow."

For more information, call Fairmont Fitness at 366-1962.

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