

FAIRLAWN'S HOT, NEW FACILITY!



At Jackie's Gym, class size is limited so each rider is given a lot of personal attention.

Photos by Benjamin Margalit/Margalit Studio

Jackie's Gym, the new state-of-the-art indoor cycling facility, offers customized classes for every fitness level—with a personal touch.

Indoor Cycling!

by **Penelope Derethik**
Contributing Writer

Not all spinning classes are the same. According to Jackie Banayan, exercise physiologist and certified spinning instructor, there's a lot more to spinning than getting on a bike and riding your heart out in time with the rest of the class.

That's why he opened *Jackie's Gym* in Fairlawn—the Akron area's first state-of-the-art indoor cycling studio.

Unlike typical spinning classes, Jackie does a thorough assessment of all new participants to determine their fitness level in order to gauge their pace and performance abilities from the beginning.

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“Someone who hasn't been very active or has physical considerations or weight issues can't be expected to perform at the same level as someone who has been spinning for a number of years,” says Jackie. “That's the reason I limit the size of my classes so I can monitor each participant individually to help get them started on the road to reaching their personal best.”

Each spinner wears a heart monitor that is synced to the computer on the bike that gives real time to ensure a safe and efficient ride. “If someone comes in for their first session, we don't want to discourage or intimidate them by working them too hard if they're not ready for it,” explains Jackie “My goal is to give them a good workout and one that

they'll not only enjoy, but be eager to come back to.”

According to Jackie, spinning is the one workout that people can do for a lifetime.

“Most runners can't run forever. Since spinning is a non-weight bearing exercise it's the ideal fitness routine for people of all ages,” says Jackie. “I have participants as young as 14 and as old as 78 who enjoy the benefits.”

And those benefits are bountiful. Not only is spinning great for your cardiovascular system, stress reduction and overall well-being, but depending on the intensity you can burn from 550 to 800 calories in a single 45-minute session.

“A runner would have to go at least seven miles to achieve the same results,” says Jackie. And, he should know. Jackie, an avid injury-free runner for over 40 years, relies on cross training like spinning. He has been conducting spinning classes for nearly 20 years with excellent results for participants.

“I have clients who have been with me from the start, so I guess that must mean I'm doing something right,” smiles Jackie.

One tremendous success story is Trish Crane, a 40-something-year-old who came in with numerous health issues five months ago. Through the guidance of Jackie, she not only lost 40 lbs., but her blood work has improved and her blood pressure, cholesterol and sugar levels are all down to a normal range. This is just one example of many.

“Jackie is the best,” says Carmie Stein, one of Jackie's certified instructors and regular class participant. “Everyone feels like family here. If a regular doesn't show up, Jackie will call them to see what's up and make sure they're ok.”

Linda, another fervent fan, says that Jackie has changed her life. A 12-year veteran, she



Jackie Banayan, exercise physiologist and certified spinning instructor, offers indoor cycling classes as well as personal training.

feels he can motivate anyone to become physically active.

“It's his personal touch that makes the difference. When you're in his class you know you're a person and just not another number. He really cares about each of us,” says Linda.

Local businessman Rennick Andreoli has been with Jackie for over 10 years. Within the first year Rennick lost 25 lbs. and has been able to sustain his weight due to spinning and adjusting his eating habits.”

“We refer our guests from Fairlawn's Hilton Hotel and Double Tree Hotel to Jackie's Gym,” Rennick shares.

Classes are taught in a gently lit room equipped with a high-tech surround sound system playing motivating music and a big screen TV that can transport spinners to a

road in Italy or a countryside trek.

“I try to provide a complete mind, body, soul experience that takes you away from everyday stress and worries and leaves you feeling revitalized and refreshed.

Jackie's classes are pay-as-you-go with packages at reduced rates available. There are no contracts involved and you can conveniently sign up either by phone or online. Beginning November 1, he'll be offering student specials at custom prices.

Jackie offers classes Monday through Saturday at various times. His studio is located at 3029 Smith Road across from Summit Mall. For more information about class times or to sign up, call 330-315-3937 or visit his website at www.jackie's-gym.com.