

# Daughter persuades mom to end retirement

Diane Rudolf thought she had happily retired. Then her daughter, Tammy, persuaded her to go into business.

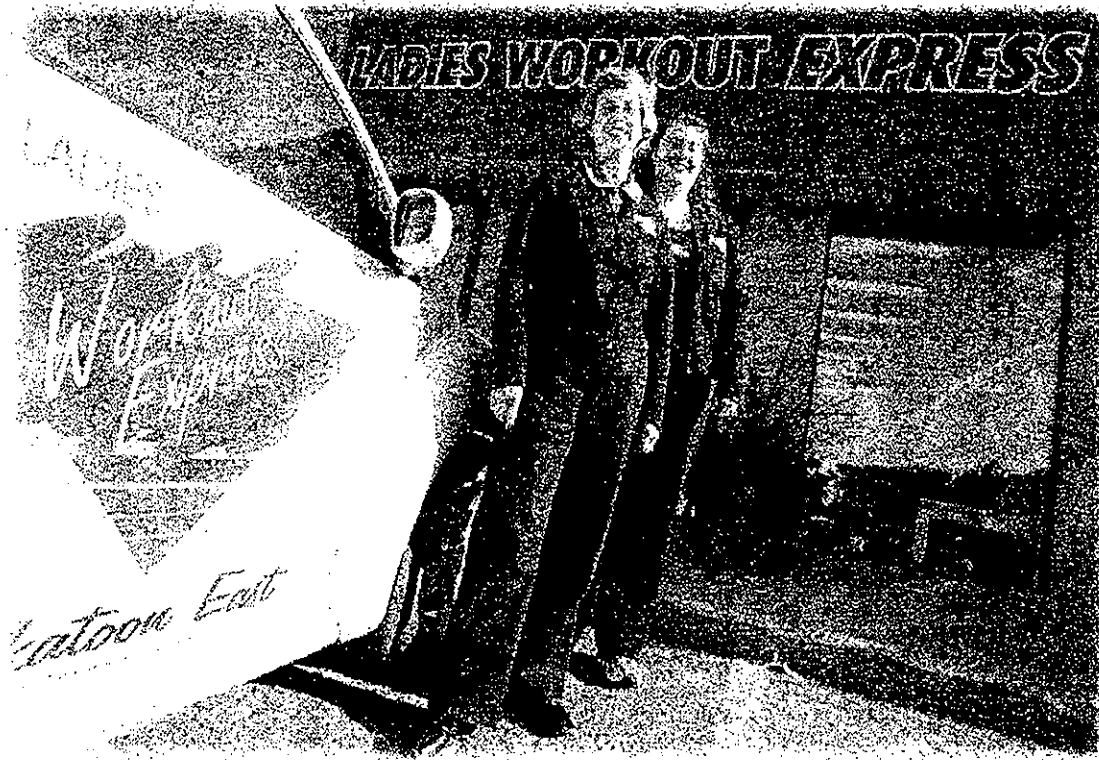
That business is the Eighth Street location of Ladies Workout Express. One of three locations in the city and several hundred around the world, the business offers circuit training for women.



Tom

**EREMONDI**

SETTING UP SHOP



Diane, left, and Tammy Rudolf own Ladies Workout Express

— Sun Photo by Geoff Howe

"When I tried it out and realized how good it was, I decided to go into business with her," Diane said.

"I was supposed to be retired," she added, noting she had been so

for about seven years before Tammy persuaded her to go into business. Previously she had operated a personal care home in Eastview.

Diane had just returned from

northern Manitoba where she and her husband were living for four years. "The kids weren't leaving home so we did," she quipped. "When we came back, Tammy said

we should go into business. I wasn't sure until I actually tried it out."

Tammy was working casually in the nutrition department at University Hospital. The fitness centre ties in nicely with her vocation.

The headquarters of the franchise is in Fort Lauderdale, Fla., so the Rudolfs headed there for training on the equipment. They then found the location in the McNally Robinson mall just behind Moxie's on Eighth Street East.

Tammy's dad, Hugh, and brother, Dave, were helpful when it came to renovating the space for the new business. It officially opened last Dec. 5, about eight months after Tammy first became interested.

"So far, our numbers are really great," she said. "We attract a lot of members from all across the east side. We have people between 13 and 80 coming here."

"I wasn't sure at first but now I'm really happy to be doing this," Diane added.

Ladies Workout Express, located at 7-3130 Eighth St. East, is open from 6:30 a.m. to 9 p.m. Monday to Friday and from 9 a.m. to 5 p.m. on Saturday. For more information, visit [www.ladiesworkoutexpress.com](http://www.ladiesworkoutexpress.com) on the Internet or call 955-5855.