

Photo by Tom Ballantine



Workout Express

30-Minute Circuit Training for Men and Women

WRITTEN BY
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RHONDA HATCHETT is living an American dream. Born in New Orleans and now a Mandeville resident for 15 years, she left her career in the oil and gas industry four years ago to fulfill her goal of opening a fitness facility on the Northshore. Workout Express, a co-ed circuit training program specializing in cross-training that provides a full strength and aerobic workout in just 30 minutes, is the result of that decision. Rhonda has been reaching out to people to help them achieve their true health potential ever since.

"Workout Express is not a gym, but a health and fitness center where we provide personal guidance and coaching to change your behavior to live a healthy lifestyle," said Rhonda, who has always had an interest in exercising and eating healthy. "Our program allows you to build lean muscle tissue, which increases muscle tone. The specialized 30-minute program speeds up your metabolism, burns fat and aids in weight loss."

Workout Express features resistance training on a circuit of hydraulic strength training machines and cardio stations. By completing a lap around the circuit, every major muscle group in the body is worked. Most of the machines work two muscle groups at the same time,

so workouts take half the time as a traditional gym or similar "express" workout centers.

As Rhonda explained, "Our hydraulic equipment is specially designed with a throttle system. This allows each individual to choose his or her level, from the workout fanatic to the fitness novice. Our advanced equipment helps avoid a fitness plateau and constantly challenges your body."

Workout Express is also the only fitness center on the Northshore to have a phenomenal cross-training piece of equipment called the "R.O.M."— named for its range of motion. Eight minutes of a high intensity workout on the R.O.M. will burn more fat calories in a 24-hour period than 90-minutes endurance training on a treadmill, bike or stepper. The reason? The R.O.M. hits all major muscle groups. The front part of the machine works abdominal, chest, shoulders, biceps and triceps in one forward push motion, as well as all back muscles in one backward pull. The rear part of the R.O.M. works quadriceps, hamstrings and glute muscles. "I tell everyone if you hate to exercise you only have to hate it for eight minutes," laughed Rhonda.

After members have a workout on the circuit or R.O.M., Workout Express offers Far Infrared (FIR) Sauna Therapy, in

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LEFT: Pictured is Rhonda Hatchett, owner, with the rest of the Workout Express team. RIGHT: An on-site nutritionist is available for weight-loss counseling.

which FIR light waves penetrate deep below the skin's surface for 15 to 30 minutes. Benefits include detoxification, pain relief, weight loss, helps to cure several skin diseases and improves circulation.

"Your health should be your number one priority," said Rhonda. "Unfortunately, in today's stressful world, people are far too busy to address their overall health and well being. I am amazed how many people put their busy lifestyle before exercise. My hope is that people will begin to put exercise first."

Rhonda knows from experience the problems and heartache associated with an unhealthy lifestyle. Her son was overweight as a teen and had very low self-esteem. At age 15, he told her, "I don't want to be a fat kid anymore." Together, they adjusted his diet and added exercise to his daily routine. Within eight months, he had lost 50 pounds and three pant sizes. He also began to excel in school and social activities. Today at age 32 he still exercises and maintains a healthy weight.

Her first husband was overweight and suffered with sleep apnea, hypertension, acid reflux and was always tired and fatigued. In February 2002, he died of a massive heart attack at age 50. The autopsy confirmed 80% blockage in his left main artery.

That's why Rhonda now gives the advice she does, "Even though you can't go back to the beginning, anyone can start today to make a new ending. You will be glad you did."

The testimonials support it. Keli, a 40-year-old, single mother

of three daughters, has lost a total of 50 pounds and has gone from a size 18 to 10. She reports, "My elevated cholesterol has returned to normal levels. I have strength and energy that I haven't had in years. I owe Rhonda my life." For Gerald, a 65-year member who comes with his wife, the results were significant in the first five weeks. "Rhonda has guided me throughout the workout, making sure I don't get discouraged and offers advice on how to maximize my workout."

Rhonda continuously educates herself on the benefits received from good nutrition and fitness and educates others on ways for them to see results and to keep them motivated.

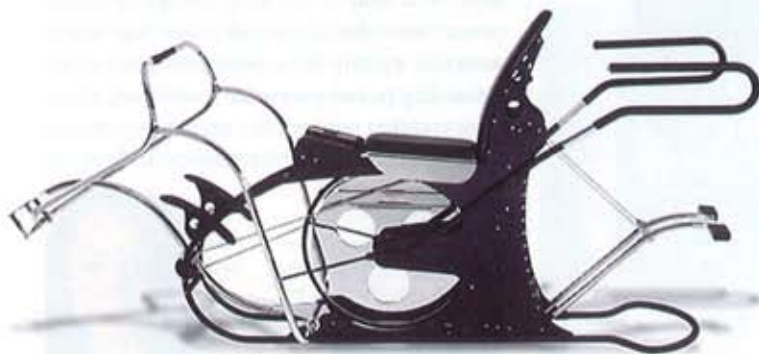
She said, "Exercise is something that most people do not like to do, so it's important to create change and provide an upbeat atmosphere to make it something that people can look forward to doing."

Currently, Rhonda is planning to expand her club. "We are always making changes for positive results. The additional space will be a body sculpting room that will enhance our concept. "We still continue to provide the 'personal' touch that you will not find at a larger gym," she said.

Rhonda offers a 7-day Fitness Profile, which is an opportunity for someone to experience the Workout Express concept by completing seven workout sessions in 14 days. Each person who signs up will be personally coached on each workout to learn how to use the equipment, will receive nutritional guidance and learn how to make behavior changes for a lifestyle of health. There is no obligation to join the club upon completing the seven workouts. So what are you waiting for?

All ladies are invited to a special event "Begin A New You" on Saturday, October 4th from 10:00 a.m. to 2:00 p.m. Featured events will include the "Bra Genie", nutritional information with a registered dietitian, chair massages, brow waxing, healthy refreshments, door prizes and much more pertaining to feeling good about yourself. All guests will receive a gift card for a 30-minute Infrared Sauna Therapy session. ❀

Workout Express is the one club that delivers real results. For more information, call Rhonda at 985-624-3433 or visit www.mandevillefitness.com. Workout Express is located at 1802 N. Causeway Blvd., Mandeville, LA 70471.



The R.O.M.—named for "Range of Motion"—allows members to work all major muscle groups within eight minutes.