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# Deep Creek Fitness

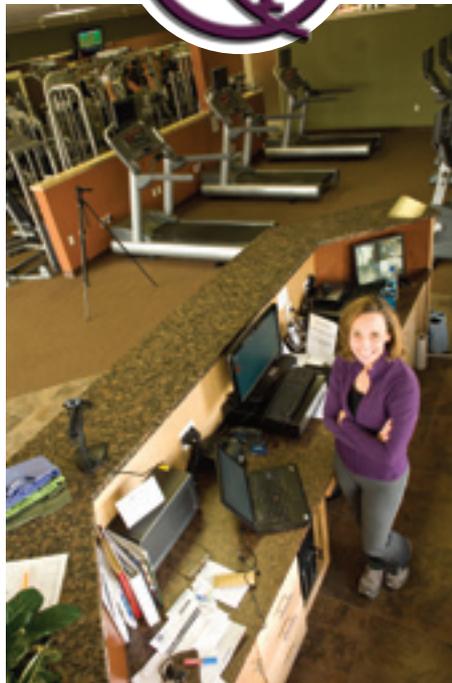
## Helping to Make Good Health Happen

This spring, Deep Creek Lake residents and visitors gained a new addition to the area's offerings for an active, healthy lifestyle. In late February, Deep Creek Fitness opened in Market Square, off Garrett Highway in McHenry. The goal for the state-of-the-art fitness facility, says owner Kathy Moran, is to offer members and guests a lively and energetic place to achieve their fitness goals.

Kathy Moran has been coming to Deep Creek Lake with her family for seventeen years and she had always felt the area lacked a facility that met her personal fitness needs. After speaking with local residents and other vacation homeowners she found that the community felt the same way and she decided to open DCF.

With the latest in cardio equipment, a full strength circuit, a multipurpose studio, and personal training options, DCF can serve all fitness needs.

"Everyone, of any age or fitness level, from avid exercisers to those who are new to fitness, can find what they need at DCF," Kathy says.



**Kathy Moran, owner of Deep Creek Fitness.**

Novice exercisers or those looking to amp up their routine can opt for individual or small group personal training with certified trainer, Jen Sober. For those who may not want the full personal training experience but are looking for that extra motivation or guidance, DCF's signature Disc-exercise program is a unique alternative. Members and guests can check out a fitness DVD—from yoga, to body sculpting, to Zumba dance—from the gym's library and workout to the DVD in the studio.

For Moran, DCF complements the active, energetic lifestyle and atmosphere of Deep Creek Lake, offering a different kind of workout than the various outdoor activities of the area. More than that, Kathy

emphasizes the importance of the community and camaraderie of DCF.

"I really want DCF to be a neighborhood place. We are going for that social element and for a wide scope of members, from local residents to vacationers, college students to the elderly community here at Deep Creek."

DCF's various membership and drop-in options are designed to cater to these different groups. DCF offers yearly memberships starting at \$39 a month, with special rates for both seniors and students. Vacationers can purchase an unlimited week at DCF for \$35 or a day pass for \$15.



Various machines and exercise programs are planned to provide a complete fitness experience tailored for you and your lifestyle.

LifeFitness® and Hammer Strength® equipment are key ingredients of Deep Creek Fitness.

The attention to detail in the design of the gym, with its vivid colors and plush leather armchairs, reflects the individualized, non-commercial focus of DCF. Kathy worked with interior design team Ellen Housley and Michelle Gibson of Elements of Design to ensure that DCF would not have the warehouse feel of most big gyms.

“We aren’t the typical commercial gym and we aren’t an athletic club,” says Kathy. “I think that DCF offers the best of both worlds: top of the line equipment combined with a friendly, non-intimidating, and energetic atmosphere. Our focus is on overall fitness for all.”

### Deep Creek Fitness

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Jen Sober, certified trainer, works with members to insure proper form while exercising.