



The Best Fit

By **Dr. Andrea Metzker** February 27, 2011

SPORTS, THE NEIGHBORHOOD FILES

## 'Lunges Are a Butt's Best Friend'

These and other laughs come with the price of the Sunday Strength class on the sand. If you have ever been by Mother's Beach on a Sunday morning between 8 and 9 o'clock, you may have seen a good-sized group of women running and lunging on the sand or doing abdominal work on the nearby grass. I had the pleasure of participating in this class, led by personal fitness business owner Cindi Gans. And I had the sore muscles to prove it.

The women's workout group that Cindi calls Strength Sundays is designed, as it says on her [website](#)



PHOTOS (3)



(<http://www.strengthbythebeach.com/default.asp>), "to promote muscle tone, coordination, correct posture and a positive mental attitude." The workout was such fun that the next day soreness was unexpected but welcomed—as I felt it in all the right places.

During the workout, Cindi keeps participants laughing with inspirational lines like "lunges are a butt's best friend."

When I showed up at 8 o'clock on a Sunday this month, it *had* to be colder than 50 degrees. But Cindi guaranteed me I would get warm fast. Before I knew it, I was bear crawling and skipping in the sand and she was right; I was warm and working hard. And I was laughing, too.

During her 60-minute Sunday class, Cindi leads the group and informs them what they are going to do in advance, but then adds, "don't worry. I will be here. I'm not leaving for Starbucks." On the easy sit-ups, she says they are like a "cappuccino break." The coffee theme definitely works for me and the exercises are a mix of unique new moves with good old favorites. She keeps the group moving the entire hour and I really don't have much of a chance to reflect on whether or not I can still do some of the moves I haven't done in a few years. Cindi knows how to target muscle groups—she told us we would focus on the lower abs and that's exactly what I felt the next day.

I asked Cindi a few questions about how she got started in her own fitness business, which includes private personal training, group exercise and Naples Bayside Academy's fee-based, after-school childrens' strength workouts.

### **Patch:** *What inspired you to start your own training business?*

**Cindi:** I have been certified since 1992 when I got pregnant with my son, and it was just a matter of time before my other professions (she started out in advertising) got out of the way. I used to run marathons and half marathons and some people that knew me asked me to help train them. I also did personal training at Gold's Gym for about five years. To me it's about lifestyle; keeping balance throughout life while trying to maintain a healthy lifestyle of always working out and watching what you eat. I try to instill with my clients to have a lifestyle where you eat foods you enjoy in moderation so when it's time for birthday cake you can enjoy it.

I tell everyone to find something you enjoy. When I teach every week it's something different (in the Strength Sunday class). It always starts on the beach to get the heart rate up—and I let it go down but never too much—so you are always fat burning throughout the workout. And I try to keep it interesting.

### **P:** *Can beginners join?*

**C:** Yes, most of the people you saw in class had never worked out before they got here and then they got hooked.

### **P:** *How do you deal with different levels?*

**C:** I always offer three versions of the workout so people can choose. Many people have back issues. I always tell them I am not a mind-reader: they need to let me know when something is wrong and they need modifications.

**P: Do you ever have any men in the class?**

**C:** I do a lot of individual personal training for men but this class is for women. I always give them a questionnaire to fill out asking about music selections and what specific areas they want to work on. There is a box to check if they want to include men but it has never been checked off. I think it is just because that's how I started with a group of women who asked me to train them. If there were enough men, I would do co-ed.

**P: Tell me about your kid's fitness at Naples.**

**C:** I started the program around the same time that I started the women's program (1992) and provided a program for kid's fitness. Over the past two years, I have partnered with Naples Bayside Academy as well, and offer fitness for PE for the entire school. It is meant to show kids form and how to do things like a proper push-up.

**P: Do you ever do personal training for kids?**

**C:** Yes. From time to time I train some teens but they have to want it. I don't do it if it is forced on them by a parent. They are usually athletes who want help with exercises for a particular sport.

**P: What are your top three exercise tips?**

**C:** 1. Squats are my favorite exercise. 2. I like heavy weights. 3. I am a huge fan of interval training.

Among Cindi Gans's classes are:

**Strength Sundays:** 8 to 9 a.m. at Mothers Beach on Appian Way, Naples Island. Each class is \$20 or you can purchase a 10 consecutive week pack for \$100.

**Strength 4Kids** is held Wednesdays at Naples Elementary School from 1:30-2:15 p.m. for eight weeks. The price of the class is \$80. A certificate of completion is awarded to all participants. Scholarships are available.

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**Nicole Gracie**

2:01pm on Sunday, February 27, 2011

Great article! Thanks for keeping us informed on all the happenings around The Shore!