

Boutique Fitness, Personal Training in Downtown New Bedford



By Shonna
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I never thought of myself as the sort who would enjoy having a personal trainer. As a college athlete who has worked as a swim instructor and a coach, I like to think I know a thing or two about fitness. I read the health magazines, take supplements, and get to the gym three days a week on average. In my mind, personal trainers were just for people who didn't understand how to use gym equipment or lacked personal motivation. Either that, or for people who were working up to a body building competition, another category I would never place myself in. I realized my preconceptions about personal trainers were mistaken after just a few sessions at Boutique Fitness.

Boutique Fitness is one of Downtown New Bedford's newest additions, and it's only comprehensive fitness studio. Having just opened in late January, I was intrigued when I had the opportunity to try out a few sessions. Given that my workouts tend to be light on the running and heavy on the weight lifting, I expected to be criticized for my cardio habits, and then to set about curling free weights like any other day of the week. However, from the moment I walked into Boutique Fitness, I was both intrigued and confused. Where was the treadmill, and the stacks of weights, where were all the Nautilus machines? Instead I saw things like a hallway

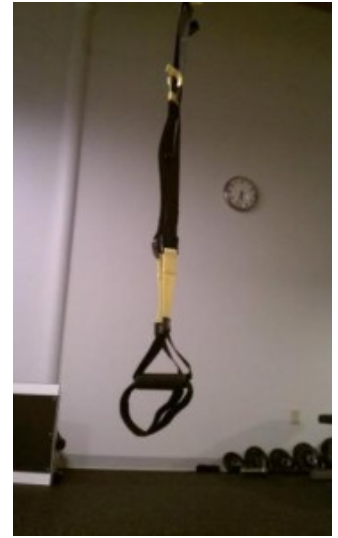
covered in artificial turf, and what looked like a bungee cord dangling from the ceiling (I later found out this was a TRX suspension system).



I was told that my first session would be a consultation and fitness assessment. Boutique Fitness is co-owned by Lara Harrington and Angela Corrieri-Johnson, both whom are certified personal trainers with years of experience. My first session was with Lara, and after filling

out some basic paperwork I was given a thorough fitness exam that went beyond the typical blood pressure and heart rate, and was able to deliver specific information about my target calorie intake and my body fat percentage. It was quickly evident that Boutique Fitness treats “working out” as a science, and Lara had rapid answers for every question that popped into my head about fitness and even nutrition.

When I returned to Boutique Fitness, a customized routine had been created for me. I started with lunges up and down the “fake grass” hallway, which over time I discovered has many unique uses. Much of my routine focused on those aspects which I had voiced as being my main concerns, especially my back. I am the sort to carry all my stress in my shoulders, which makes me hunch up and look perpetually cold. My customized routine had many components which really focused on isolating that problem, and after a workout I could instantly feel the effects. I had never considered how much working with a personal trainer can really help you with the finer points of fitness, such as form. Having someone not just encourage you, but gently correct you makes the workout far more efficient.



TRX at Boutique Fitness

One of the things that I was really enamored by at Boutique Fitness was that many of the exercises could be done at home without fancy equipment. Additionally, their website (<http://www.boutiquefitnessnb.com/>) shares a variety of helpful tips for fitness and well-being, such as a daily blog with photos, videos, recipes, and food journaling. For those with a busy schedule, the ability to get the occasional workout done at home is an excellent perk. Additionally, they were very flexible with my “quirky” work schedule, and their downtown location is very accessible to most locals. The workout sessions I did there were 30 minutes to an hour, which I thought was ideal for fitting into a busy schedule. Even more exciting to me was that they offer daily 20 minute “bullet” sessions between 11 am and 1 pm, which means that for those who work downtown, it is perfectly feasible to fit your workout in during lunch. If you’re worried about showing up at work sweaty, don’t fret because they have a shower on site that comes well stocked with every supply imaginable to get you back in a work-place appropriate condition.

Boutique Fitness is truly a positive experience, one that has changed my view on many aspects of fitness, and inspired me to keep going to Lara and Angela for training. The Boutique Fitness studio is located at 516 Pleasant Street in New

Bedford. For more information, I suggest going to their website and liking their Facebook. They offer a complimentary consultation and fitness assessment, and the two women are so friendly I can promise you won't regret it. Boutique Fitness is based on inspiration, not intimidation, so no matter your goals you will feel comfortable.