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FOCUS ON FITNESS: Program a hit with the ladies

Women work out, have fun at Suwanee academy

By [Robert Haddock](#)

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The ladies never know what they're going to get at Women on Weights.

Eric Blevens likes it that way. The trainer at the Suwanee Sports Academy has designed a varied resistance-training program for the several women who normally attend the one-hour sessions.

Many women have been going to the program since it began two years ago. Depending on the day, Blevens might have them focus on free weights, cables, machines, power walking, interval running, speed and agility.

Mixing it up prevents the workouts from getting stale and keeps their bodies constantly adapting. Blevens keeps them moving with a fast-paced, low-weight, high-rep workout.

"The ladies like it because it always throws their body for a loop," Blevens said.

They like being sore, knowing that they had a good workout. They work extremely hard, but they enjoy the camaraderie and they have a good time. The group meets three times a week (Monday, Wednesday and Friday) for four weeks. Classes are offered at 8:30 a.m., 9:30 a.m. and 5 p.m. A new session begins Wednesday, but women can join at any time and have the 12-session cost of \$150 pro-rated.

Dustin Wolf, director of performance training at the academy, said the sessions are more like group personal training than a boot camp because the workouts are designed to meet each woman's needs. Wolf prefers to keep the number of participants in each class fairly low so that they can receive individual attention.

"We may follow a set program as a whole, but if a certain one has needs, the trainer will be able to adjust accordingly," Wolf said. "Whatever level they're at, they can join and we'll customize to them."

WOW started with only one session but demand combined with Wolf's desire to keep the participant-to-trainer ratio low has led to the three different classes.

"It's been quite successful," Wolf said. "Some ladies have been doing it since the beginning, so I think the level of satisfaction has stayed high."

Wolf and Blevens have trained athletes of all levels, from middle-schoolers to Olympians to professionals. Wolf is a certified strength and conditioning specialist and has his master's degree in exercise science/biomechanics of sports medicine.

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The Suwanee Sports Academy is a 100,000-square-foot facility with seven basketball courts. It also includes a 15,000-square-foot performance training area, a full line of free weights and equipment, 11 volleyball courts and more.

For more information, call the academy at 770-614-6686 or visit [www.ssasports.com](http://www.ssasports.com).

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