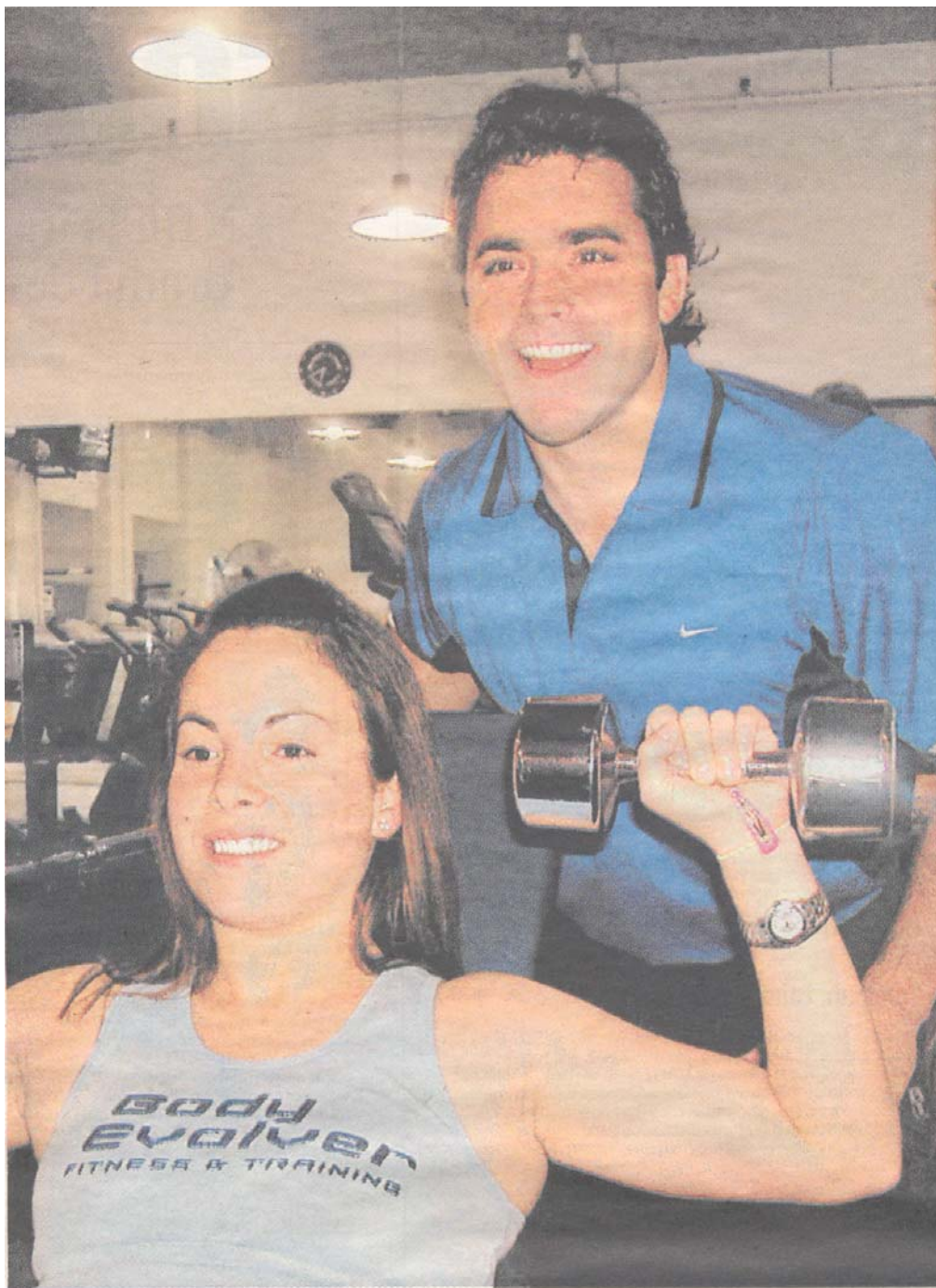


Exercise Your Options



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▲ Body Evolver Fitness & Training Center

Women already visit the powder room together and get together for brunch and gossip. So why wouldn't women work out together?

Body Evolver fitness center in Boston offers unique group training sessions in which three or four women receive fitness guidance and proper instruction from a professional trainer — all while they enjoy each other's company.

"Studies show that weight training, done correctly, is the best way to increase a woman's metabolic rate and

burn calories," said Michael D'Angelo, owner of Body Evolver. And, now, he added, you can do it with your best buds.

"There's a social aspect to it," said D'Angelo. "It's like a class gig."

These personalized workouts go for \$35 per person per session, or you can pay monthly at a discounted rate.

"Scheduled workouts create consistency and pay off in the long run," said D'Angelo.

The fitness center utilizes a software program so clients can set goals and

project individual results.

"When the gym first started group training sessions, a year and a half ago, it was trial and error, but we worked out the kinks and it's pretty seamless now," said D'Angelo.

Body Evolver Fitness & Training Center is located at 111 Boylston St., Boston. For more information, go to www.bodyevolver.com or call 617-247-BODY.