



Exercise Facilities

The IBI List is a fun and informative addition to *InterBusiness Issues*. The concept is simple: we ask companies within a particular industry the questions we think you, our readers, would be interested in knowing the answers to. Companies that respond to our survey have a chance to get the word out about what services and products they can offer central Illinois customers. And the best part is that it's an apples-to-apples comparison. Whether you're making decisions for business or pleasure, the IBI List will be a valuable resource.

Future installments of the IBI List may include retirement communities, health care organizations, financial institutions, accounting firms, realtors, and much more. In this installment, the List surveyed staffing agencies throughout central Illinois.

Disclaimer: InterBusiness Issues makes every attempt to contact relevant companies within the industry being surveyed. IBI is not responsible for misinformation or the absence of companies who choose not to participate.

Company Address Phone Number Website	Top Local Executive Title	Year founded	Branches in central Illinois	Number of staff	Number of personal trainers	Number of members	Use equipment w/o trainer	Pieces of cardio equipment	Available to non- members	Indoor pool	Free fitness evaluations	Free trial membership	Group exercise classes	On-site child care	Snack/juice bar	Steam/sauna room	Pro shop	Tanning facilities	Women-only classes/areas	Dietitian
Body Fitness, Inc. 3020 N. University, Peoria 685-1950	Abraham Ghantous President	1992	1	3	2	N/A	Yes	12	Yes	No	Yes	Yes	Yes	No	Yes	No	No	No	No	No
Absolute Fitness Metro Center, 4700 N. University, Peoria 692-1066 www.absoluteexercise.com	Michael Hintz Owner/Trainer	1998	second facility opens Labor Day	5	5	100	No	0	Yes	No	Yes	Yes	No	No	Yes	No	No	No	No	No
Curves Various locations in Central Illinois. www.curves.com	Various	1992	12	varies	0	varies	Yes	n/a	No	No	Yes	Yes	Yes	No	No	No	No	No	Yes	n/a
EastSide Centre 1 EastSide Dr., East Peoria 698-5437 www.eastsidecentre.com	Brian Garnant Operations Manager	1987	1	105	7	6,000	Yes	37	Yes	No	Yes	Yes	Yes	Yes	Yes	No	No	No	No	Yes
Fitness Forever Health Club 125 Elmridge Pl., Creve Coeur 694-0044	Linda Henricks Owner/President	1997	1	3	2	150	Yes	10	Yes	No	Yes	Yes	Yes	No	No	Yes	No	Yes	No	Yes
Four Seasons Association 904 Four Seasons Rd./2401 Airport Rd., Bloomington 663-2022 www.4seasons-club.com	Jeff Leverton General Manager	1962	2	170	8	19,000	Yes	85	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No	Yes
Gold's Gym 5131 W.American Prairie Dr., Peoria 1630 North Main Street, Morton 690-0009 www.goldsgym.com	Todd Grimm Owner/President	2005/2002	2	40	6	N/A	Yes	90 in Peoria/58 in Morton	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No
Greater Peoria Family YMCA 7000 N. Fleming Ln., Peoria 692-7631 www.ymca.net	Daniel Chonowski President/CEO	1858	1	23	6	5,602	Yes	38	Yes	Yes	Yes	No	Yes	Yes	No	Yes	No	No	No	Yes
Images: 126 126 S. Main, Eureka 467-3777 www.images126.com	Christy Casey CEO	1998	1	14	3	250	Yes	11	Yes	No	N/A	Yes	Yes	No	No	No	No	Yes	N/A	Yes
Jeri's Fitness Studio 1504 N. 8th, Peoria 241-2830 www.jes-studios.com/jeri	Jeri Wiseman Owner	1995	1	1	1	50	Yes	10	Yes	No	Yes	Yes	Yes	No	No	No	No	No	No	No
Landmark Racquet & Health Club 3225 N. Dries Ln., Peoria 685-8200 www.landmarkrec.com	Doug Holmes Vice President/General Manager	1980	2	N/A	5	N/A	Yes	N/A	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No
Methodist Medical Center, Wellness Center 221 N.E. Glen Oak, Peoria 672-5904 www.methodistmedicalcenter.org	Michelle Williams Wellness Manager	1990	1	7	3	405	Yes	12	Yes	Yes	No	No	Yes	No	No	No	No	No	No	No
Parkside Athletics 1701 Court St., Peoria 347-6644 www.pekin.net/pekinparkdistrict	Keith Knox Manager	1976	1	45	3	2,550	Yes	37	Yes	No	Yes	Yes	Yes	Yes	No	Yes	Yes	No	No	No
RiverPlex Recreation and Wellness Center 600 N.E. Water St., Peoria 282-1700 www.peoriaparks.org	Brent Wheeler Superintendent	2001	1	116	10	8,000	Yes	100	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	No	No	Yes
ShapeXpress Fitness for Women 2527 W. War Memorial Dr., Peoria 689-0901 www.shapexpress.com	Cassi Sievert Manager	2003	1	5	5	N/A	Yes	3+	Yes	No	Yes	Yes	Yes	Yes	No	Yes	No	Yes	Yes	No
Tremont Fitness, Inc. 22500 Illinois Rt. 9, Tremont 925-3811 www.tremontfitness.com	Gene Pflederer President	2003	1	5	1	250	Yes	16	Yes	No	No	Yes	Yes	No	No	Yes	No	Yes	No	No
Village Courts Athletic Club 430 W. Edgewood Ct., Morton 263-0222 www.villagecourtsathleticclub.com	Steven Gould Owner/Manager	1985	1	25	3	1,000	Yes	25	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	No	No