

•••take five  
with Elevations Health Club



# Q&A

## Barry Klein & Rob Bishop

### Elevations Health Club

Barry Klein and Rob Bishop are the owners of **Elevations Health Club** in Scotrun. Currently, Elevations is undergoing a one million dollar renovation that when complete will make it the premier workout facility in the Poconos. Klein and Bishop stopped staring at the construction site on their property long enough to Take Five with Local Flair.

**Local Flair:** What should people look for when they're shopping for a health club?  
**Elevations Health Club:** When someone tours a health club, they will usually hear about the inventory of exercise equipment that the club owns. What you really want to focus on are the people and the atmosphere. Are the members like you? Is the staff qualified to help you? At Elevations, all of our fitness trainers have or are working toward appropriate college degrees and they have high-end certifications. That's rare, most clubs tout their "certified" trainers, but some certifications are meaningless. Our trainers also help make Elevations fun.

**LF:** Elevations is in the midst of a major renovation. What are you doing to the club?

**EHC:** Sometimes, we wonder about that, too. What the heck have we gotten ourselves into? Have you seen the new building looming over Route 611? It's huge! But, it will be worth it. We're turning Elevations into a world-class health club with amenities that we know the community will appreciate. We're adding a large indoor pool, a much larger child care area, new locker rooms with steam rooms, a second group fitness studio and additional workout areas.

**LF:** How do your group fitness classes compare with the aerobics classes that many people associate with health clubs?

**EHC:** Our classes are nothing like the aerobics classes people remember from the 80s. Today, our emphasis is on classes for everyone, even uncoordinated people like ourselves. Anyone can get on a bike and do group cycling. Classes like Yoga and Pilates have wide appeal because they allow anyone to improve balance, strength and flexibility. Classes like Body Blast and kickboxing get your heart rate up, and we have designed them so everyone can participate and feel comfortable.

**LF:** What are your plans for the pool?

**EHC:** We expect the pool to be busy all day, every day and not just with swimmers. The pool will provide us with a new venue for group fitness classes, which our seniors will really appreciate. We'll have swim lessons for kids and adults. We also plan to designate "family swim" times.

**LF:** Is everyone who works at Elevations bald?

**EHC:** Thankfully, no, although there are enough of us that we've considered changing our name to "Baldy's Gym." The good news is that the women on our staff all have incredibly gorgeous hair (really, they told us to say that). 🍷