



**By Jan Rahn**

*Managing Editor*

Timing is everything—there’s no better time than right now with a fresh new year approaching to commit to healthier ways following a month of holiday indulging.

Image Total Fitness in Grant has the perfect setting, the ideal plans, the support needed, and the staff to assist in helping you trim down and shape up in 2012.

The fitness center was chosen as Chamber’s spotlight business of the month for December, and Lauren Klima, absentee owner until recently, gave a presentation on her business during the regular meeting of Chamber on Dec. 15.

The time was finally right for the Grant native to return to her hometown and get back to managing her business which she had begun in May 2004. Soon after opening the fitness center in partnership with her parents, Kevin and Monica Poppe, Lauren joined her new husband Jeremy in Omaha, where they remained until recently.

Jeremy was fortunate to be able to expand his business (Specialized Engineering Solutions) into western Nebraska and has recently opened a branch in Ogallala—a career move that enabled the couple to return to the area.

They were delighted to be able to return to their hometown with opportunities in place that awaited them.

Image Total Fitness has expanded in several areas since Lauren first opened the doors. The studio class base has expanded, becoming an all-encompassing health and fitness facility focusing on cardio, mind/body, and strength.

“Our various class lineup mirrors many of the fitness centers in urban cities,” said Lauren.

She is excited about the newest addition to athletic conditioning—spinning classes. The cardio-resistance training program became popular overnight. She had expanded the classes already offered at Image Total Fitness which include yoga and Pilates for mind and body, Zumba and sculpt classes. When Lauren opened the business, her goal was overall wellness for members. Personal training packages have been added. The center stays current with the relevant trends, striving to keep members active and engaged in their health through fitness.

Lauren has a love for both running and yoga. Her tremendous dedication and skill were demonstrated by her finish in the top one percent of the female division in the Boston Marathon in April 2010. She had previously captured the women’s title in the Omaha Marathon in September 2009, beating her personal best by approximately 15 minutes.

She plans to incorporate running and yoga a little more into the gym. In January the Run Club will begin and yoga will expand.

“Running and yoga have totally changed my life, and I want to share these life-changing experiences with others,” said Lauren. “I know others can be helped the way I was through these practices.”

Upon her return to Grant, she also began expanding the wellness boutique located in the rear of the fitness center, offering quality products to support fitness, along with clothing items and jewelry.

Memberships at the gym are offered to ages 14 and up; fitness sessions can be paid on a per-class or per-visit basis. Kids classes will be offered starting in January.

There are three employees on staff along with seven studio instructors at Image Total Fitness. Although the facility is meeting the needs and desires of a small rural community, Lauren said she and Jeremy already have the next phases in mind—her dream is to add a Pilates reformer room and a separate hot yoga room. Jeremy and her dad share the dream of building an indoor driving range.

“My plan is to help as many as I can meet their wellness goals,” said Lauren. “Wealth is health—come visit with me any time and we will help you get to your goal, whether it is to hit a specific yoga pose, lose five pounds, run a marathon, or gain overall strength. Whatever it may be, let us help guide you in that direction.”

Stop in at 238 Central Avenue or call 308-352-4099. The office hours are: Monday and Wednesday 10 a.m.-6 p.m.; Tuesday and Thursday 1-6 p.m.; Friday 10 a.m.-5 p.m.; Saturday 9 a.m.-1 p.m.



