



By Carolyn Lee The Imperial Republican

The mood is upbeat and electric at Synergy Total Fitness, formerly the Women's Gym, in Imperial. In celebration of the new business, an open house with a good turnout was held Friday.

Elaine Colson won a one-month free membership, while Cyndi Weiss won a punchcard for 10 free classes.

Synergy sports a crisp clean look with dark grey paint and inspirational signs.

The exercise space has been expanded and new equipment added, while new flooring, cubbies, a water cooler, floor mats and more have been installed. In addition, seven spin bicycles are lined up, waiting for clients.

Synergy is owned by Sheila Stromberger. Helping her in the endeavor are daughter Jordan Ostermiller and daughters-in-law Lana Stromberger and Stephanie Stromberger.

The location was purchased from Mary Haarberg and Cheri Burke, who operated the women-only gym for six years.

The Strombergers have added classes to the business, such as the spin, spin-sculpt, yoga, Ti-Chi Yoga Fusion and Synergy FIT classes.

Stromberger said those classes run until the middle of May. At that time, some other classes may be offered, such as kickboxing and boot camp.

"We'll add a variety of classes as we go, when we see what people like," she explained.

Instructors are Stephanie Stromberger, Amy Leibbrandt, Carrie Terryberry, Brianna Pribbeno, Marcy Nesbitt and Tiffany Reeves.

Synergy started with about 45 clients Feb. 28, and now has over 80 clients, with an additional 20 taking advantage of the punch card program.

Those taking the special classes do not have to be a member of Synergy, but may purchase a punch card for just those classes.

For more information contact Stromberger at (308) 882-8177.