

By Carolyn Lee The Imperial Republican

As of Friday the Womens' Gym in the 400 block of Broadway in Imperial will become Synergy Total Fitness, owned by Sheila Stromberger as Synergy Total Fitness LLC.

Stromberger purchased the exercise center from Mary Haarberg and Cheri Burke, who operated it for six years.

Stromberger said she was looking for a project and the gym was an "opportunity. I didn't want to see it close. I think it has a good client base, it's a successful business and a lot of people utilize it."

Stromberger, who said the gym is for women only, said daughter-in-laws Stephanie Stromberger and Lana Stromberger and daughter Jordan Ostermiller will also be involved in operating the gym.

"I plan to involve all three of them as it's something we can do together," she said.

Synergy means combining different elements to create a greater effect, and that's what she sees the gym doing.

Stromberger wants to know what people are interested in using. She plans to continue with elliptical and treadmill equipment and weights, and will offer other things such as spin bike and yoga classes.

To that effect, a wall between the office and the main room will be removed to make more floor room.

Important to Stromberger is keeping the business open without a hitch during the ownership transition for the approximately 45 clients.

Haarberg, who operated Fitness Zone further north on Broadway for four years, said she and Burke sold the business "because the buyers expressed an interest in it."

She said she's "so delighted because I've always been so passionate about women having a place to work out."