

## getting acquainted



### Nubodez

6693 Folsom-Auburn Road, Ste. F, Folsom  
916-988-0788

Prior to discovering Nubodez, I wasn't really a believer in a well-rounded workout that could be accomplished in 30 minutes. Nubodez utilizes PACE Pro\*Fit adjustable hydraulic circuit training equipment. They also promote the concept that "increasing speed increases resistance." The circuitry matches the effort of individual users. This type of circuit training uses a work/rest/work principle that alternates between strength and cardiovascular exercise and recovery on aerobic stations. Each interval is generally 30 seconds long and a complete workout involves three full circuits.

Besides the innovative training program, Nubodez is a women-only workout facility; thereby removing any of the intimidation women may feel when working out at a traditional fitness center. The only time the facility turns co-ed is for the nightly Yoga classes. Nubodez also offers UV-free airbrush tanning, tanning beds and body fat measuring. It is the only business in this area that carries Baker's Breakfast Cookies – a fabulous, much sought-after Weight Watcher's approved snack.

Owner Nanette Hall is a self-proclaimed baby boomer who spent years taking care of her kids and now wants to reclaim herself. She has a great sense of humor and loves to say that her facility has "No men, no mirrors, and no makeup." Her goal is to provide women with a friendly, supportive environment where they can be themselves and make new friends. Touches of her fun personality are found throughout the Nubodez facility.

Since humor and fun are so prevalent at Nubodez, here's a one-liner that Nanette likes, "How come we choose from just two people for president and 50 for Miss America?" Good question!

— E.M.

## LET'S GET ACQUAINTED!

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