

PHOTOS BY SHAWN DUNTY / TIMES CITIZEN

While keeping his day job as a financial adviser in Ackley, John Enslin decided to take the leap and opened Cougar Fitness in 2017.

HARDIN COUNTY GYMS
CONTINUED FROM P1

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HEALTH & FITNESS 2023



Nate Forsyth is the Director of Athletics and Student Life at Ellsworth Community College, which involves overseeing the Dale Howard Family Activity Center.

And last but not least, Nate Forsyth, Director of Athletics at Ellsworth Community College, also broke down how New Year's looks at the Dale Howard Family Activity Center.

As the athletic director, Forsyth oversees all of Ellsworth's athletic programs and the Dale Howard Family Activity Center, and he explained that just days into the new year, he had already seen a few new members sign up. However, the full extent of the New Year's wave might only become clear later in the month. Typically, Forsyth said that they usually see an increase around the first of the year. And similar to the other gyms, the memberships generally slow down once the spring months arrive. Looking back a couple of years, Forsyth shared the curve-balls that came with Covid; the Dale Howard Family Activity Center had to close down with many other facilities, and when they reopened, they faced similar restrictions. However, Forsyth stated that there might've been some differences compared with regular gyms or other businesses since the activity center is attached to Ellsworth. All in all, a couple of years later, the memberships had picked back up, and Forsyth believed that the Dale Howard Family Activity Center had returned to a pre-Covid status. ■

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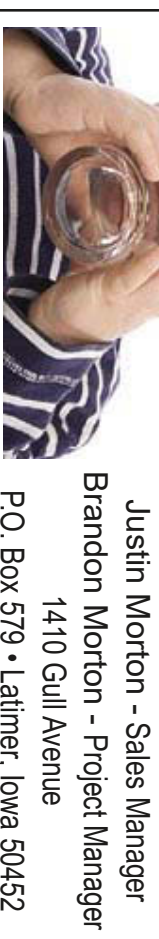
Love having this gym here in town! The 24/7 access is very convenient for my busy schedule, and it has everything you need for a complete head to toe, plus cardio, workout! — Katie

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