



# CONSTRUCTION BREAK

GENERAL CONTRACTORS | DESIGN/BUILD | BUILD/LEASE | BUILDING FOR TOMORROW...TODAY.

FALL 2009

## Flex Fitness Is A Family Affair

Sandy Britton, owner of Flex Fitness Club LLC in Bucyrus, Ohio, has always been fitness conscious and for years worked out at the local YMCA. After having her two boys, Carson and Austin, she decided to bring her fitness workouts home so she could be with her children full-time. As they grew, her love of fitness grew as well. She decided to start some home-based personal training for close friends and family and did so for about 10 women. She felt, however, that this just wasn't enough and that there was more she could do for her current and possibly future clients. After numerous discussions with her husband about how they could create a place for cardiovascular and personal training, they decided to create Flex Fitness Club.

Sandy and her husband, Tom, met with J&F Construction & Development to design the new fitness center. Groundbreaking began shortly thereafter. Once the excavation equipment began the site work, they received numerous calls and many questions about the project. As she explained the concept of offering women a place for cardio training to team with her personal training approach, husbands brought up the point that families would now need two memberships—one for the local YMCA for themselves and one for Flex Fitness Club for their wives.

As a result, Sandy and Tom decided to rethink the entire building project and met with J&F president, Jim Mayes, to discuss the possibilities. Plans had already been approved for the original building design, but new plans and a new design



*Personal trainer, Bryce, works with members to enhance their fitness.*

were drawn and resubmitted that included additional space which would allow the facility to extend membership and services to men and women ages 18 and over.

At the grand opening, members found a new home for exercising, where they could get away from the stresses of everyday life and focus on themselves and their physical and mental well-being—a place they can call their own open 24 hours a day, 7 days a week. Members could work on their own or with Sandy as their own personal trainer. As the club rapidly grew and new services were added, it became apparent more space was needed.

Just one year later, construction of a new weight room addition was completed to coincide with Flex Fitness' first anniversary. Sandy now has six personal trainers on staff and is moving rapidly toward 400 members. Each trainer is a specialist who enhances the services offered by the club. The most recent specialty service offered is sport-specific training



*Sandy and Tom Britton.*

for high school students. This specialized training is designed to enhance the strength and skills needed by local youths to succeed in their chosen sport. Sandy says coaches of local high schools are excited by the results of this training from both a physical and mental perspective, and some are even coordinating efforts in their young athletes' workout routines at the schools.

As Flex Fitness Club continues to grow, Sandy's dream of healthier community members is quickly becoming a reality. As the club nears its two-year anniversary, it is quite possible plans for a new facility are in the offing, as she and her staff strive to bring in the latest machines, equipment and fitness training to keep the excitement growing for new and current members.

To learn more about Flex Fitness Club and its services, log on to [www.flexfitnessclubllc.com](http://www.flexfitnessclubllc.com).



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2141 State Route 19 | Bucyrus, OH 44820  
TEL 1.800.819.1088 OR 419.562.6662 | FAX 419.562.9167

# Camp Perry

Ribbon-cutting ceremonies were recently held for Camp Perry's newest facility, constructed by J&F Construction. Camp Perry is a 640-acre Ohio National Guard training site located on the southern shores of Lake Erie in Ohio. The new facility houses the Adjutant General's offices as well as additional space for training.

Camp Perry was named after Commodore Oliver Hazard Perry, the victorious American Commander who defeated the British in 1813 in the Battle of Lake Erie.



The Ohio Legislature officially named the camp on May 1, 1908 and soon it evolved into a permanent camp with the largest and best equipped rifle and pistol ranges in the United States.



Since its inception, Camp Perry has played many roles, including serving

as a reception area for new recruits and as a POW camp to house many German and Italian prisoners of war. New building projects during the 1980s allowed the camp to continue to

provide civilian and military support into its second century of service.

Facilities at Camp Perry include those that support battalion-size elements such as computer-generated training and weapons exercises. The camp serves local and federal law enforcement, as well as Department of Homeland Security and Department of Defense agencies. Additionally, the National Rifle and Pistol Matches, a premier marksmanship event for shooters from around the world, are conducted there annually in July and August. Camp Perry also offers lodging, conference and banquet facilities to the general public.

For more information about Camp Perry, log on to [www.cplcc.com](http://www.cplcc.com).

## What's Goin' On?

### *Major Projects Under Construction and Recently Completed*

#### **Advanced Fiber Technology**

*Building Renovations*  
Bucyrus, Ohio

#### **Diamond Wipes International**

*Plant Renovation*  
Bucyrus, Ohio

#### **Jaffar Properties LLC**

*Retail Medical Plaza*  
Marion, Ohio

#### **Next Generation Ohio**

*Two-Story Office Addition/Manufacturing Facility/Distribution Facility*  
Lexington, Ohio

#### **Ohio National Guard - Camp Perry**

*Educational Training Facility*  
Port Clinton, Ohio

#### **Preservation Parks of Delaware County - Deer Haven**

*Learning Center*  
Delaware, Ohio

#### **Richland Real Estate Development LLC Engineered Films Division Inc.**

*New Distribution Center*  
Lexington, Ohio

#### **Victory in Truth Ministries**

*New Educational Facility*  
Bucyrus, Ohio

#### **UMD Automated Systems**

*Manufacturing Facility*  
Fredericktown, Ohio



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## **J&F** Construction & Development, Inc.

2141 State Route 19  
Bucyrus, OH 44820

[www.jfconstruction.com](http://www.jfconstruction.com)

