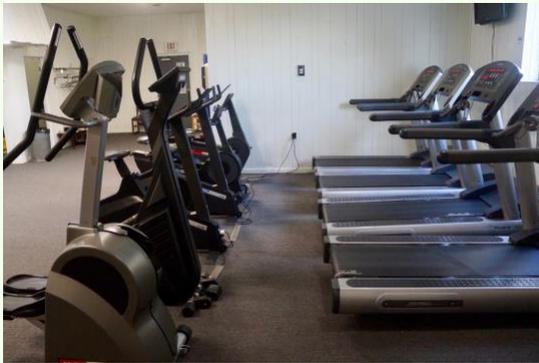


## UCASD NEWSBITS

### Brown's Fitness Center

In this issue of UCASD NEWSBITS, we venture out into the community for a closer look at a business that is truly changing lives for the better. We are about to step into *Brown's Fitness Center*, and speak one on one with its owner, Seth Brown. The Gym is located right in the center of town at 1 South Main Street. That puts it right in the middle of town, a perfect place for anyone to be able to find it. Even better, Seth is a Union City High School Graduate! He's a hometown guy giving back to his community in a huge way!



When Seth was in his twenties, he enjoyed helping others at the gym. After a while, he got enough money to open his own gym. He had a few goals in mind. His main goal is to help people get in better shape. Another goal is to offer something to make his members feel like part of a club; Every member gets a free keychain and a complementary towel each day. He also

wants people outside of Union City to know about *Brown's Fitness Center*.

*Brown's Fitness Center* fills a void in the community. It is the only gym in Union City. The gym offers standard equipment for lifting and exercise. He is a certified trainer, who offers personal training, as well as yoga and Pilates classes that are taught by others.



Seth runs the gym as a primary source of income. He makes most of his money in personal training and monthly membership fees. He uses his income to support his family, as well as invest in his business.



Here's what Marshall VanTassel, one of Seth's members, has to say about the gym:

*"I think the gym helps me a lot, and the whole community. It's a good stress reliever and a great way to keep a healthy physique. Some good ole tunes and some weights, life couldn't get any better. The gym has helped me become who I am; It has helped me physically and mentally. it's showed me that if you want something, you gotta work for it, and not give up until you reach your goals."*

*Brown's Fitness Center* is a great place to get in shape. It's in the middle of town, so its easily accessible. You can do many things there, from getting stronger to losing weight. Seth has brought a great business to the community.

