

2006 – Sue Smythe

Sue Smythe personal training adds new flare to her already Fab Four staff

By Courtney Dimpel

Subhead: Carla Anecito brings Pilates to Smythe Studio in Aptos

With the holidays quickly approaching, there is no better time than the present to begin the path to looking and feeling your best. Sue Smythe Private Fitness is the place where you can find one-on-one guidance, support, encouragement and with a staff that is always staying current with trends and expanding the services offered.

Lisa Smith, local resident of Aptos for over eight years attests to the positive and upbeat environment they provide. “I’ve been coming to Sue Smythe’s studio for five and a half months and I love it! I needed more, like weights and cardio to achieve my goal,” said Lisa, “Sue and the staff here at the studio are helping me to lose those extra inches.”

Carla Anecito has been a part of the Smythe team for the past two years. Carla brings her extensive experience and knowledge gained as an instructor of her own dance and fitness program, certified ACE training and history as an accomplished Pilate’s instructor to help people achieve their fitness goals and body image dreams. The Pilates Method is not just exercise; it is a series of controlled movements engaging your body and mind. This is an exercise system focused on improving flexibility and strength for the total body without building bulk.

“We are real, down to earth people who really take the time to know the person,” Carla explained, “which allows us to customize a work out program that matches with their level of fitness, skill, and goals. I wanted to have more one-on-one with people versus a class setting. I was able to work with individuals on occasion and I truly felt a calling.”

Carla places a lot of emphasis on keeping the mind focused on the task at hand. She works with her clients on creating awareness, and trains them to engage the internal abdominal muscles that support the spine and pelvis which lead to overall strength. “I place a lot of focus on the core, because the core supports the entire body. It’s a great place to build strength from, and having good core strength transfers over to all the life activities we do.” Carla’s knowledge is something she loves to share with all her clients. “It’s about the package... creating awareness through education, proper position, and positive support,” she said “I like to incorporate Pilates fundamentals, and custom fit the work-out to fit the clients needs, fitness levels.”

Every Sue Smythe Trainer does an interview analysis with new clients to get an insight into the person’s lifestyle, habits, wants and needs. “We then take a proactive role,” said

owner Sue Smythe, “in making sure the individual is making progress and getting the most out of the time spent with their trainer. I try to match trainer expertise with the client’s goals. This is typically achieved through a phone interview, or scheduled free consultation.”

Her convenient location on Soquel Drive in Aptos is just down the street from Sushi on the Run. Clients find it convenient to pop in for a personal training session any time of the day or evening. “Many of my clients like the privacy factor the studio offers,” said Smythe, “It’s a focused environment where you can get one-on-one attention, minus all the distractions you find in a larger facility.”

Motivated by her love for fitness and passion for helping people live a healthier lifestyle Sue opened her business 12 years ago and for the past five years her studio has been a hot spot for both those who love to work out, as well as for those who don’t and just need a little motivation. Her energy and positive attitude this more than just a gym. “It’s an inviting environment that people look forward to. It’s a get away, or escape from their day. I try to make it a one stop place where they can work out, while getting the information they need about nutrition, and proper exercise positioning.”

Another member of the Smythe Team is Sunita Bankroft. Sunita specializes in nutrition consulting. With a BA in Nutritional Food Sciences from San Jose State, friendly and supportive Sunita helps to develop a safe and sensible dietary program tailored for you. She works with individuals interested in weight management through weight loss, weight gain, or weight maintenance. “Maintaining an ideal weight and staying physically fit is the best way to look good, feel good, and reduce the risk of disease and infirmity”, said Sunita, “Finding an appropriate diet and exercise plan to fit your lifestyle is the goal of our program.”

In addition to nutritional counseling, Sunita leads a group circuit class every weekend. These classes fill up fast, and typically consist of 3-5 people. The class is a new feature to the Smythe Studio, and has been gaining popularity. “Its fun and up-beat for those who want to switch up the workout environment” said Smythe.

This holiday season; give that special someone the gift of fitness and health by purchasing a gift certificate from the Sue Smythe Studio. “It’s money well spent and will get you looking your best for those holiday parties and family gatherings,” said Sue. Visit the Sue Smythe Private Fitness Training Studio to see how they can help you maintain a healthy, happy lifestyle.

What: Sue Smythe personal Fitness Studio offers private 1 on 1 instruction to increase function, balance, strength for all ages.