

Spotlight On Business: Smart Strength Fitness Club

Wednesday, 23 December 2009

Smart Strength Fitness is located in Carolina Beach at 105 Winner Avenue. You can reach them by phone at (910) 458-1310.

[Click here to enlarge image...](#)

By: ALLEN DENNING

Staff Writer

Smart Strength Fitness in Carolina Beach offers clients a gym and health club where they will receive a comprehensive workout and nutritional plan to precisely fit their goals.

The Smart Strength facility offers members a complete gym with state of the art, well-maintained, superb quality equipment. They offer a spacious workout area with almost every workout machine you can imagine. The facility is naturally lit during daylight hours courtesy of their large windows, which gives clients a sense of openness and freshness that you will not find at many gyms. Along with resistance machines, bikes, elliptical machines and stair climbers Smart Strength boasts a large selection of free weights for your workout. New to Smart Strength is a recently completed outdoor workout yard. The yard is set up to host a variety of classes including but not limited to stability training, yoga, martial arts and more. There is really nothing quite as refreshing and rewarding as a great outdoor workout and Smart Strength is proud to give you that option at their facility.

Carl Ettlinger, owner and operator of Smart Strength Fitness, is leading a staff of trained professionals. After being involved in a car accident and receiving some serious injuries Carl was inspired by his rehabilitation to make fitness training his life's work. "I got a passion for fitness when I had none," said Carl. Just a few years after the intense rehab Carl was on his way to becoming a fitness expert and a 2 time state champion bodybuilder. His first hand experience with injury rehabilitation helps Carl to relate to those who come in with injuries. Carl knows how difficult it can be to "pick yourself back up" after an injury and he also knows first hand the benefits of doing so. "Within 3 months (following his accident) he was back in the gym. Now instead of a sport specific style of training he focused his efforts into a more holistic approach strengthening and conditioning every muscle group in his body very systematically." Carl is very serious about his work and aims to make sure you are getting the results you desire. His credentials include his bodybuilding titles, a bachelor's degree in sports science, and certifications as both a personal fitness trainer and a nutritional technician. All together Carl has over 12 years of personal training experience.

New to Smart Strength's list of services are the boxing/martial arts classes led by Ju Jitsu purple belt and MMA fighter Gibb McCumber. Gibb brings a whole new kind of workout to Smart Strength. These classes give you a total body workout like no other while simultaneously teaching you valuable self-defense skills. These classes are available on Tuesdays and Thursdays by appointment. Women and men will find that Gibb's class will teach them the skills

they need to feel comfortable in knowing that they can take care of themselves if they are ever faced with a threatening situation. Another new class available through Smart Strength is the Group Fitness Classes led by Christina Dees. These classes include workouts such as Pilates fusion and the "Sock it to me" circuit training which uses hand weights, pilates balls, resistance bands, and medicine balls. Christina is also a certified pole dance instructor. This is yet another workout that is sweeping the nation as it truly gives you a fun, intense and sensual full body workout. "My love for fitness and sports began in college where I played on a co-ed water polo team and worked as a lifeguard," says Christina. "From there I taught private swimming lessons and coached a local swim team. While living in the jungle in Costa Rica I trained with a former pro female boxer who inspired me to follow my passion for fitness. Incorporating my background as a certified pole dance instructor with Aradia Fitness, I designed different workouts geared toward women's fitness. My mission is to provide workouts for women that will leave them feeling empowered by the results."

Smart Strength Fitness is conveniently located in Carolina Beach at 105 Winner Avenue just behind Tuscan Grill. On weekdays they are open from 5:00 a.m. until 9:00 p.m. and on the weekends they are open from 8:00 a.m. until 4:00 p.m. Those who need to workout at off times will be happy to know that 24-hour access is also available. You can reach Smart Strength by phone at (910) 458-1310 or visit their website at www.SmartStrengthFitness.com where you will find a plethora of information on the facility, the staff and their long list of services. Call to set up a tour of the facility or to schedule a class with one of their trainers today.