



A Fit Dream

By Jennifer Creighton

Kathy Caiello has been following her passion for the past 30 years, and on Nov. 20, 2009, her ultimate dream came true.

That was the day Caiello opened her fitness gym, Kathy Caiello's Fit Stop, in East Syracuse.

As long as she can remember, health and fitness have always been important to her. After college, they became her life's mission.

For the past three decades, Caiello has worked as a personal trainer at various gyms. She's been a regular "go to" person for the media on health and fitness topics. She even had her own television segment. She became a household name for fitness in Syracuse.

Even after a successful career, Caiello still had one last dream.

That dream became a reality when she was driving down West Manlius Street and saw a "For Lease" sign at what once was the Sing Along Saloon. She remembers it being a hot spot in the '80s.

She took a tour and could tell she had found a home for her gym.

It was quaint and charming — allowing her to create a comfortable "homey" feel.

Today, her gym feels more like something you might have in your own home. It is bright but not sterile, high-tech but not intimidating, big enough for a growing membership, but small enough that she still can give it that personal touch and "human connection."

It is important that it stays that way, says Caiello. "At other gyms, I would look around and no one would be talking. I didn't like that. I wanted to create a place where members can interact, socialize and have fun while working out," she says.

Caiello has poured her heart and soul into her gym and believes she has achieved what she envisioned for her gym.

Now, she finds her life to be less stressful, even with all the added responsibilities of entrepreneurship. "When you own your own business," she says, "you don't mind coming in and doing the extra work."