

BUSINESS

It's time to get fit Kathy Caiello's FitStop celebrates grand opening in East Syracuse

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In October 1981, Olivia Newton-John debuted her hit song "Physical," the title track that became the biggest pop single ever, spending 10 weeks atop Billboard's Hot 100. The year before, Kathy Caiello (who some might even say resembles Newton-John) had already mastered the "physical" part of her career. The East Syracuse resident has worked as a fitness professional for almost 30 years. Last weekend, she and her staff celebrated the grand opening of her new facility, Kathy Caiello's FitStop, located in the heart of her hometown village.

"I have been looking for the right space for a very long time, several years, in fact," Caiello said. "I wanted to create a space that was so special that people couldn't wait to get there to see their friends and work out and have a great time."

Her first choice was to find a location in East Syracuse. After a long, drawn

out search, she finally found her spot on Main Street, at the former Sing Along Saloon.

"After seeing the space, I just couldn't get it out of my head and neither could several of my friends and clients that I had shown the space to," Caiello said. "I knew this was it, and that this was going to be a fantastic place for me to finally open my club as well as contribute something very special to this community."

Mayor Dan Liedka, who was present for Saturday's ribbon-cutting ceremony, recognized Caiello's drive to help boost business in East Syracuse. The village board has been in the process of revamping its main street for months, and project plans continue well into the future.

"The revitalization plan is in its initial phase, we have many studies and work to complete before we see the physical fruits of our labor," Liedka said. "[However], the FitStop really diversifies our Main Street and will become a destination. This is a nice way to kick things off."

Caiello is certified with the American Council on Exercise as an advanced exercise specialist, personal fitness trainer and group fitness instructor. Her new club features an upbeat, comfortable atmosphere with amenities that include an aerobics studio, cardio and strength machines, free weights and showers. Classes will be on offer, too. And, unique to its area competitors, Caiello's FitStop will have 24-hour access.

"Everything about this venture is exciting to me," Caiello said. "But I think there are special reasons why this turned out to be the place that I settled on to open my business, and I am ready to see what those reasons are."



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Kathy Caiello stands outside her aerobics studio at Kathy's FitStop, 215 W. Manlius St. in East Syracuse. For more information, call 415-4043 or check out kathysfitstop.com.