

Q&A with Hal Jackson *Owner of Factor X Fitness*

Since 2010, Factor X Fitness has been a fixture in the Thomasville community. Recently, I had the pleasure of talking with owner, Hal Jackson about the exciting new renovations he's made and the vision he has for this locally owned, small town business that's making a huge impact on the community.

What made you decide to get into the fitness business?

I always wanted to have a gym and I had the opportunity to go for it almost nine years ago. I'm glad I did; It was the right decision for me. I'm from Thomasville, I love knowing everybody, having an established business and being a positive place for people to gather in the community. It's a place where people can definitely feel true southern hospitality from our staff and the services we provide.

You recently gave your place a complete facelift, tell me about it?

We did! We completely renovated the facility with new equipment, replaced the cardio equipment, put in new flooring, added another 2,000 square feet and installed a 2,700 square foot kids play area.



That's an amazing kids area, what motivated you to place such an emphasis on the kids area?

First and foremost, we take pride in the fact that our facility is for the entire family. Second, it was important to us to provide a way that kids could be active, too. With a maze like play area 3 stories tall and a friendly staff, kids now look forward to coming with their parents to the gym rather than just sitting and watching tv in a daycare, they are active. Fitness is a lifestyle, and we feel making "going to the gym" a part of that lifestyle for our youth will help develop healthy habits that will last a lifetime. Many of our members have said their kids look forward to going to the gym!

What can the members expect to find at Factor X Fitness?

We are staffed 24/7, our membership is only \$20 a month and it's month to month, our personal trainers can tailor programs to help you reach your goals, we offer a variety of group fitness workouts including boot camps, zumba, yoga, and a dance styled class called TwerkOut! Our equipment is state of the art, some of the most unique pieces being the vertical leg press, the glute bridge machine, and the pit shark, a squat machine that allows you to perform the movement with resistance but without having weight on your shoulders. It's a feature that's important for the long term wellness of our members. We also have tanning beds, a red light therapy bed, and a merchandise area where you can find workout accessories, ready made, healthy Clean EatZ meals to help you reach your goals, apparel and much more.

We invite you to swing by!