

Transformation for gym

A CARINA financial planner and amateur bodybuilder is the brain and the brawn behind the redevelopment of one of Mansfield's oldest gymnasiums.

Carina's Nic Christofis has bought Dividend St's Power N Fitness, which is set to be relaunched in July or August in its first major overhaul in its 26-year history.

A complete reflooring, the installing of airconditioners and new cardio and weights equipment is on Christofis' wish list.

"It's been here for 26 years and everyone knows the gym and it hasn't been touched," he said.

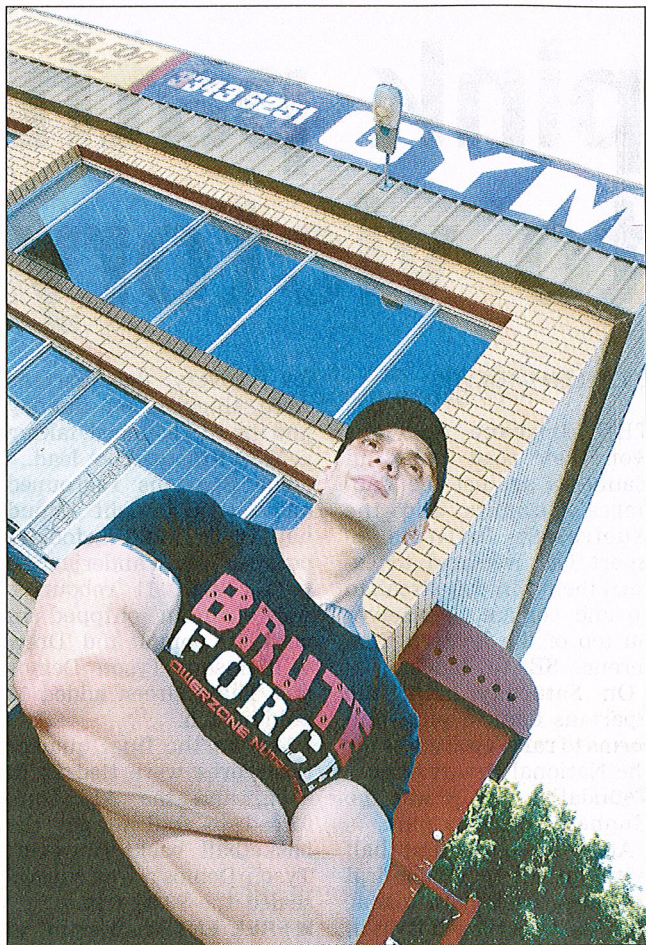
"We want to differentiate ourselves from the other health clubs. We want to be the Mecca of fitness centres."

Christofis, 32, will compete in the Asia Pacific International 2009 Physique and Figure Championships at Southport RSL on May 30.

The natural bodybuilder says his love of the gym junkie lifestyle helped broker the deal with Power N Fitness owners.

After nearly two decades training - his rugby league days ensured he was "always bashing around the gym" - Christofis says the move will rubber-stamp Power N Fitness' future in the area.

"Because of the surrounding suburbs we are competing against other



■ Brain and brawn... Nic Christofis has just bought the old gym at Mansfield and plans to renovate and relaunch it.

gyms who are charging huge fees," he said.

"As a seasoned bodybuilder I knew what was lacking."

Christofis' heroes include the who's who of the bodybuilding world - Franks Zane, Serge Nubret, Dorian Yates and Arnold Schwarzenegger.

But his inspiration comes from those at the

other end of the spectrum.

"I love seeing people change their lifestyle to become fitter and healthier," he said.

"I hope I can be part of that."

Christofis is sponsored by Steve Jones at Power Zone Nutrition.

■ Go to www.powerfitness.com.au

JG167698