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## Ransom gets busy with fitness classes



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Just in time to get in shape for summer, BUSY Body Fitness will start a round of classes June 22 with certified personal trainer and Chattanooga Police Department recruiter Sgt. Tonya Ransom.

"You're going to be fit, fine and fabulous, no ifs, ands or buts," said Harrison resident Ransom. "Instead of saying 'going to lose weight,' we say 'getting rid of weight.' Losing means you can find it again."

After training police department recruits for nine years, a stint in the military and seven years as a group exercise instructor, Ransom said she uses proven techniques in her coed, group classes.

"It's for anybody," she said, adding that she can help participants adapt the moves to their fitness level. "We have triathletes, home moms, bankers, firefighters, medical fields, different ages and demographics."

She even offers a class for walking-age and older children called BUSY Babies.

"By the time we're done, they're done and wore out," Ransom said, pointing out that turning it into a family affair makes success more likely.

She also noted that many physical education components are being taken out of schools and that children aren't getting the exercise they need.

In addition to "getting down and dirty" with sand bags, trailer tires and relay courses such as those found in boot camp, there are also classes on nutrition and how to not overeat.

"I like to say (this is a) program because we're changing people's lives," Ransom said of the four-week course. "Twenty-one days of anything becomes habit. We're trying to change people's mindset."

According to Ransom, the changes she sees in participants' bodies are a quick, obvious reflection of these lifestyle changes.

"I've got people now who are like, 'Four weeks? I'm with you for four years,'" she said, pointing out that many of her current clients followed her from other gyms to her new solo business. "The camaraderie, it's infectious. It's not, 'You are a soup sandwich.' It's, 'You go, girl.'"

According to Ransom, personal surveys showed the main reasons people don't have the body they want is because they don't know how, they don't have time, and they have a lack of motivation. With her taking care of the instruction and motivation, she said everyone can find an hour three to six days a week for the evening classes which meet at Coolidge Park.

"You never get to the point where you're ready," said Ransom. "I'm right there in the trenches with you guys. For the majority of my life I heard, 'You're cute but... You're nice but ...'"



Photo by Jennifer Bardoner

Tonya Ransom is ready to whip bodies into shape with her next round of four-week BUSY Body Fitness classes beginning June 22.

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