



Chamber Member Spotlight: Saco Sport & Fitness

We recently caught up with Scott Gillespie, President/Owner of Saco Sport & Fitness, which is located at 329 North St. in Saco. Scott purchased the club in 1993 and a short time later, it was destroyed in a fire. Rather than calling it quits after the incident, Scott persevered and rebuilt the club in 1995. Over the years it has become a leader in the industry, helping thousands of people in our area live healthier lives.

Scott has a background in athletics, and his understanding of athletes motivated him to want to give any person the ability to feel strong, in control, and energetic. Overall, Scott, Beth, and the entire team at Saco Sport & Fitness strive to guide people to take control of their bodies and be healthier.

One recent challenge the club faced was to ensure that all members felt safe during the pandemic. Scott had to gain expertise on proximity constraints to appropriately restructure how close members could be to each other during exercise, and optimally place equipment around the facility. Ultimately the club had to reduce the maximum capacity from 200 members to 50 members.

To accomplish all this, the club had to get creative by knocking down walls to offices in order to open more space. Some of the other changes the club made include updates to the HVAC and ventilation systems, adjustments to the layout of the gym, the addition of plexiglass barriers between cardio machines, and significantly expanding the required distance between people in group workouts. Scott described how in the past the ventilation systems went from exchanging air from the outside once every hour to now exchanging fresh air up to twenty times an hour. These decisions and investments were all made to prioritize the health and safety of the members, always their top priority.

Scott shared that the most rewarding aspects of the job are:

- 1) Helping members succeed and accomplish their goals to live a better life
- 2) Creating an environment that allows his team to feel good about helping others
- 3) Continuing to help the industry gain credibility and serve more people

If you want to stop by for a visit or a tour to learn more, Scott and his team are always excited to welcome visitors and showcase what the club has to offer. Here are some photos of the facility taken during our visit:

