



## DISCOVER HAVERFORD WELCOMES DELCO PHIT

Health and wellness are high priorities for many living in Haverford Township, so residents will be happy to learn that a new fitness studio has opened to offer unique workout options and build a vibrant fitness community. For Delco PHIT owner Nicole Smith, this new venture is not just a business, it's the culmination of years of passion, perseverance, and a desire to inspire others.



Located on the second floor of the L&M Building on West Chester Pike, Delco PHIT is a fresh, bright studio with multiple rooms and a plethora of equipment, offering everything from high intensity training to kettlebell workouts, barre, yoga and cardio dance.

Delco PHIT has eight trainers teaching classes in addition to Smith. The studio features several rowers and bikes and has multiple personal trampolines for a trampoline class. "New equipment can be intimidating, Smith says, so her trainers are available to help newcomers. "That's why they're here. They want to always welcome new people to try different things. We try hard to focus on our members' needs, to make sure everyone is doing things right and to their level."

Smith has always had a passion for health and fitness. Born in Springfield, she attended Widener University for exercise physiology and at 18 started working at a local gym. Ultimately, she switched to nursing and has worked as an RN for many years while still doing personal training and teaching classes on the side - her "fun job" as she says. She still works one day a week at Lankenau Hospital performing pre- and post-operative surgery care.

Currently residing in Broomall with her husband Bob and their three children, Smith has a soft spot for Havertown. "As soon as we moved to Broomall, we became members of the Haverford Y. So many of our friends, so many of our connections have been in Havertown; my kids went to preschool here, we go to church here. We're all in on Delaware County!"

Smith's path to making Delco PHIT a reality began during the Covid-19 pandemic. "I had been teaching at different gyms and when everything closed, I began doing Zoom workouts. When

things opened up, we started doing park workouts, but then it got cold, and I was looking for places to hold classes indoors. We found this location and the space was great, it's huge! There was just so much potential. I had been working at Havertown Health and Fitness for about two years, and that's a great space too, but it just wasn't mine. It's really nice to have something of your own and create your own community." Delco PHIT officially opened on July 1st.

Smith has an extensive array of fitness training certifications including kettlebell, TRX suspension training, Pilates, foundations in yoga, Zumba and spinning. She loves going to fitness conferences and connecting with trainers who have developed interesting programs she can bring to the studio and often takes online training with fitness practitioners from all around the world.



Why open a studio in Havertown? "I started teaching in Havertown, and when we moved closer to this area, I knew I wanted to stay connected to Havertown," she says. "There are a lot of parks that are really nice, the community is very welcoming. A lot of Havertown is walkable - some of our members do walk to class. Business-wise, they really do a lot to promote small businesses and there are so many of them. Everything is close by; I like the access to everything. It's just a nice little, tightly-knit community."

How is Delco PHIT unique? "I try to stay very member oriented. I don't feel like one fitness trainer is necessarily better than another, but I do think there is somebody for everybody and that once you're here, I want you to feel welcomed and supported. I want you to feel that you can have an injury, and I can help you work through it. You can have a life change; we can figure out how to get around it. We have someone right now who has been out for several weeks who has had surgery. So we got them a card and stay in touch. This feels like a family."



"We're building a community," Smith notes. "We have our holiday workouts, and I bring food and drinks so we can hang out and mingle more than we do normally. I just really desire connection between everybody. I ask for feedback. What kind of classes do they want, what times? I really try to cater to the members. And like I said,

I build relationships with people outside the gym, which I think is important. I also like supporting local charities; we'll do fundraisers during our holiday workouts for groups like Grands Stepping Up, so we can try to bring the community closer together, everyone becomes closer."

What are a trainer's favorite workouts? "My favorite intense workout is kettlebell," Smith shares, "and Pilates is my favorite calming workout, although it doesn't always work!" She works out early in the morning and enjoys walking regularly.

As Nicole opens the doors to her dream space, she invites fitness lovers of all levels to embark on a journey of health and wellness at Delco PHIT!

**Delco PHIT**

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***Photos courtesy of Joel Perlish Photography***