

Jackie Lampi-Hughes/My Energy Fitness Centre

By Stephen Challis



Jackie Lampi-Hughes (right) and RRFDC Board Director, George Emes at her business, Energy Motivation Fitness Centre. Lampi-Hughes also placed in the Top Ten for the 2007 Customer Service Challenge

Energy Fitness Centre is more than a room filled with sophisticated exercise machines. This is a fitness experience with a panoply of additional offerings and services. Welcome to the new world of gym exercise...and to the potentially new, or improved, body shape for the visitor.

Ms. Jackie Lampi-Hughes, owner/operator, emphasizes one thing: "The point is for people to enjoy it." Also: "We offer a supportive environment where users can develop a friendly relationship with our staff. Moreover: "We always say good morning and try to use the customer's name."

Her business occupies a large two story building with an attached balcony. Group or individual Fitness Classes, Cardio, and Strength Workouts are available. Many different exercise machines are present, plus stacked weights and dumbbells. The Women's only machines are designed to accommodate gender differences. The Cardio machines are audio equipped. Well appointed saunas, tanning beds, and shower/change facilities are present. Both short and long distance running clubs are based at the Centre and seasonal programming is popular.

Jackie said she gets her entrepreneurial spirit from her parents, Heikki and Laverne, proprietors of Heikki Lampi Sand and Gravel. Her interest in exercise and fitness dates to when she participated in aerobics classes at the Memorial Arena Gymnasium. She also took dance and figure skating.

After finishing high school, Jackie spent 11 years away from town, pursuing further education in London, ON and Tennessee, and traveling and working in Australia and Dryden, ON. She completed the Fitness and Health Program at Fanshawe College and is a Registered Massage Therapist.

The building, itself, stands as a metaphor for rejuvenation and maintenance: Energy Fitness Centre was re-constructed on the foundation of a long-time dry cleaning service, but in its new form, is now more than twice the size.