

Go beyond price and find value at Spring View

CHAMBERSBURG — Keith and Twilla Garber, owners of Spring View Appliance and Mattress LLC, are celebrating 25 years of providing quality products and services to residents of Chambersburg and the surrounding area.

"Sometimes you look back and wonder how you got from there to here," explained Mrs. Garber. "Keith just started in used appliances and then picked up new appliances and went from there. A one-car garage is what we started in and expanded from that."

Now, the Chambersburg natives work out of a 4,000-square-foot showroom located beside their home on Guilford Springs Road, with their partners, sons Kevin and Darwin, and their employees. Last summer, they added a 4,000-square-foot inventory warehouse to bring their entire inventory under one roof and make it more easily accessible.

"We are very thankful for what we have," said



Spring View Appliance and Mattress in Chambersburg has comfortable mattresses and bedding as well as appliances for many rooms of your home.

Mrs. Garber, crediting "low prices, great brands and nice folks" for their success.

Spring View Appliance and Mattress offers a wide selection of affordable home appliances, mattresses, bedding and related services.

A full line of appliances for nearly every room in your home is available from such name brands as Amana, Frigidaire, Maytag and Whirlpool — with many products bearing the Energy Star seal of approval.

For the kitchen, Spring

View offers refrigerators, chest and upright freezers, microwaves, garbage disposals (Waste King and In-sink-erator), as well as smooth top, coiled or convection, gas and electric ranges.

Stainless steel Bertazzoni gas ranges and hoods

are available in steel gray or in a rich, glossy color (green, white, red, burgundy, beige, yellow, blue or black). The Bertazzoni double-layered paint-to-stainless steel technique creates a lasting finish that can complement nearly any kitchen interior while still featuring the company's trademark stainless steel range top.

Maytag has designed a new, more energy efficient steam dishwasher that has a more efficient drying time and is less harsh on glassware.

For the laundry room, Spring View offers not only top loading and easily accessible front loading washing machines and dryers, but also the new stain-tackling steam washers from Maytag and heavily warrantied, American-made Speed Queen washers and dryers. A laundry pioneer that has been in business for 101 years, Speed Queen comes with an unheard-of three-year parts and labor manufacturer's warranty.

Additional products and services displayed in the showroom include dehumidifiers and the special "all-in-one" air purifier, humidifier and dehumidifier by Danby, as well as a full line of cleaning products.

As its name suggests, Spring View Appliance and Mattress also offers mattresses — by Park Place and White Dove — and related items for the bedroom such as box springs, headboards and frames, and bedding products in twin, full, queen and king sizes. Custom made-to-order sizes also are available.

All products offered at Spring View have a minimum one-year warranty with additional major component or full warranties available for up to five years from the date of purchase.

For customers who need financing, the Garbers offer 90 days or six months same as cash with 0 percent interest and the occasional 12-month or two-year payment option.

In addition, Spring View sells used appliances and takes trade-ins.

Spring View handles installation for restaurants as well as large equipment sales, installation and training.

Spring View's slogan, "Price is Price; Value is the Total Experience," is the essence of their belief that satisfied customers will be repeat customers. Spring View services everything it sells with its own in-house technicians and puts great emphasis on the total customer. Listening to people to understand their needs and concerns is what allows Spring View to provide the quality, personal service that customers have come to expect from Spring View.

Spring View's hours of operation are 8 a.m. to 6 p.m. Monday, Tuesday and Wednesday, 8 a.m. to 8 p.m. Thursday and Friday and 8 a.m. to 3 p.m. Saturday. The shop is closed on Sunday.

For more information, call (717) 375-2505 or toll-free at 1-800-328-4450, or visit the showroom at 2890 Guilford Springs Road.

Make exercise an enjoyable habit at Healthy Habit Fitness

WAYNESBORO — If you're interested in getting in tip-top shape and having a blast doing it, Healthy Habit Fitness might be just what you're looking for.

Located at 11855 N. Landis Ave. in the Kornerstone Property Settlements building, Healthy Habit Fitness offers a wide variety of fitness programs for just about anyone. Among those programs is Zumba, which combines upbeat Latin and international music with easy-to-follow moves to create a fun, high-energy, calorie-burning workout.

"Zumba itself is like a party," said studio owner Kimberly Camp. "People really enjoy it because it doesn't feel like you're exercising."

For those who need a less intense workout but still want to have fun, Zumba Gold classes are available.

Zumba is hardly all Healthy Habit Fitness has to offer, however. Also available is Feel the Burn, an intense toning class involving group resistance training. Yoga is offered as well.

"Yoga is the most pleasant form of exercise," Camp said. "You get toning, flexibility and balance, and it keeps you continually progressing toward better health. Even if you're not flexible, you're going to see progress, improve your energy and decrease the risk of injury."

Belly dancing and line dancing as well as personal training are also offered.

Have a birthday coming up? No problem — bring your friends and celebrate the occasion with a fitness party at Healthy Habit Fitness. The parties combine different workouts, such as Zumba, belly dancing and line dancing, into a two-hour session.

"We do lots of fitness parties," explained Camp. "We like to party, and since it's fitness, it's healthy. You burn about 500 calories in an hour, which is a good party."



Owner Kimberly Camp and her staff make working out fun at Healthy Habit Fitness in Waynesboro.

Yoga Fitness, Zumba Fitness, belly dancing and line dancing classes are all available. Participants may pay per class or buy discounted class passes. Longer-term membership are available as well.

Camp, who has trained all over the area since 1978, has a wealth of experience. She began working in fitness at a health club owned by a former Mr. America and Senior Mr. America John DeCola in Hagerstown. She is certified in Zumba Fitness and holds certifications from the American Council on Exercise (ACE), the Aerobics and Fitness Association of America (AFAA), the American Aerobic Association International Sports Medicine Association (AAAISMA) and the Aquatic Exercise Association (AEA). She is also certified in Kukuwa Dance and teaches a personal training course at Hagerstown Community College for World Instructor Training Schools (W.I.T.S.).

Of course, Healthy Habit Fitness isn't just a

one-person operation. Instructor Debbie Colley teaches belly dancing. April Yoder teaches line dancing. Stacy Eyler substitute teaches Zumba for Camp, helping out when needed. Upon entering the studio you will more than likely be greeted by Anna Maria Enos, who assists Camp with managerial tasks. Everyone is involved — instructors and members alike.

"Everyone that comes, they're just quality people," Camp said. "They help me and encourage others to participate because they like it. People feel like they want to come, they want to work out, and that's what I want people to understand — that it's relaxed. Why not make exercise something you enjoy and want to do?"

That friendly atmosphere came in handy when Camp moved her studio from Quincy to its current location in May of 2008.

"When we moved here, all my members helped me," she said. "They helped

me as well as my contractor Nathan Strite put the floor down, which only took a couple days because we worked hard at it."

The large, modern studio features that sparkling wooden floor, a stage for instructors, free weights and a variety of exercise machines and equipment.

Although Healthy Habit Fitness doesn't have standard operating hours, anyone interested in obtaining more information about class times and personal training appointments can call the studio at 360-0370. Healthy Habit Fitness is also on the Web at: www.healthyhabitfitness.com



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