



THE FACES

of Main Street

The Luray Downtown Initiative was formed to facilitate rehabbing the town through the Virginia Main Street program. This feature is an introduction to some of the folks that form the fabric of Luray's Downtown ...

WHO: Roger and Judy Knizewski, owners

WHAT: Luray Fitness Center, a full fitness facility including cardio, weights, track, gymnastics, dance, aerobics, boxing, Pilates, weight loss, tanning and free personal training. Weight loss meetings promote healthy eating and lifestyle changes.

WHERE: 52-56 West Main Street

HOW LONG: Celebrating 15 years in business December 2005

DID YOU KNOW?: Roger and Judy came to Luray 20 years ago on vacation and "never left." They moved here from Queens, N.Y. They have three children, all in college — David at Shenandoah University, Daniel and Jennifer, both at Virginia Tech. Roger studied engineering and aeronautics at the Academy of Aeronautics, and Judy majored in business and marketing. Judy is a certified personal trainer, group exercise leader and weight management consultant. She also provides complementary personal training sessions.

WHAT'S SPECIAL ABOUT DOWNTOWN LURAY?

The Luray Fitness Center was the first in our section of downtown Luray to renovate and start the changes 15 years ago. At that time there were many empty buildings, which are now occupied. Downtown Luray has an old-fashioned, slow-paced, charming appeal with gorgeous views. The warm and friendly, family-like attitude of the people is welcoming. The Greenway is outstanding providing both beauty and exercise.



This feature is produced in cooperation with the Luray Downtown Initiative.
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