

Amistad Health & Fitness

Shaping Up the Community of Del Rio

Del Rio, TX – Body Shapers, Inc., dba Amistad Health and Fitness, owned by President and CEO Diana C. Gonzalez, promotes good health and wellness in Del Rio, TX. Mrs. Gonzales has over 10 years in the fitness industry and is the aerobic instructor for most of the aerobic classes held at the fitness center. Mrs. Gonzales “aerobic” energy is quite evident. Her desire to improve everyone’s stamina and well-being through aerobic exercise, personalized physical training, or physical therapy is evidenced in another manner as well – providing a larger, state-of-the-art fitness facility to the Del Rio community.

The fitness center started in 1996 in a small lease-space. With the energy and guidance of Mrs. Gonzalez, the fitness center soon outgrew its original location. The fitness center is now located at 2210 Dodson Ave., Del Rio, TX and operates out of an 11,850 sq. ft. state-of-the-art facility which houses a swimming pool, new weight and exercise equipment, a wide selection of floor and water aerobic classes, and large dressing rooms. “We stay up with the latest in the industry. We keep up-to-date with what is popular - yoga, spinning...” states Mrs. Gonzalez.

The new fitness facility was made possible with the assistance of Business Development Specialist Elizabeth Pena of the Sul Ross University-Rio Grande College Small Business Development Center (SBDC); Senior Vice President John Northcutt of South Texas National Bank (STNB); and the U.S. Small Business Administration (SBA). Mrs. Gonzalez began the project by working with Mrs. Pena, who assisted her with the business plan and financial forecast. Once the business plan was complete, Mrs. Gonzalez approached Mr. John Northcutt

of STNB in 2002. "I've always like the idea that South Texas National Bank treated us so well. I was impressed at how they made us feel comfortable. Nos trataron muy bien." The project was completed and the new fitness center opened its new doors in February 2004. In her planning, Mrs. Gonzalez also prepared for the future. The new location of the fitness center is right across the street from the new U.S. Border Patrol station, as well as the location of the proposed U.S. Border Patrol training facility.

Though the new facility requires a lot of her time and energy, as owner and full-time instructor, Mrs. Gonzales says she couldn't do it without the support of her husband. Mr. Gonzales, a successful businessman, attorney, and state judge spends many evenings at the gym maintaining the swimming pool and equipment.