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BUSINESS



Dream Team Fitness' facility offers weights, a punching bag and other workout equipment.

Camila Gonzalez/DRRC

New gym Dream Team offers fitness options in a female-only environment

By Camila Gonzalez
 Staff Writer

If you're looking for an alternative to traditional gyms, a new Denton business is offering a new option.

Jennifer Evans said she opened Dream Team Fitness in January to support "female fitness and fellowship."

"My goal in bringing this gym together was to give women a place where we could come together in fellowship and not feel insecure about ourselves," she said.

Dream Team offers a boot camp called FastBreak FitnessCamp, along with personal and group training options.

Evans said that personal training, which starts at \$275 per month, is open to anyone. However, the fitness camp, which costs \$180 for multiple weekly classes over six weeks, and other group classes will be for female gym members only.

The gym will also offer hip-hop dance classes, starting at \$100 per month for twice-weekly classes, which she expects to begin in April.

Evans grew up playing basketball and running track. She also acted as her sons' basketball coach when they were growing up and has prior experience as a personal trainer.

Evans began training with Rocky Franklin at Atop Boxing in June, and she originally set out to offer personal training for other women who trained with Franklin out of her home.

Instead, she was able to start her gym out of a facility connected to the boxing gym. Dream Team is located at 1032 Shady Oaks Drive, Suite 204.

She said major gyms offer some good perks, but her space is focused on training and connection for women without the pressures that may come from a commercial gym.



Zeke Mims and Jennifer Evans with a Dream Team Fitness-branded tire.

Courtesy photo/Ed Orlando

"A lot of people walk up to that commercial gym, and they don't want to walk into that beast," she said. "The anxiety is just crushing. Here, all you have to do is show up and then we'll do the rest."

Her fiancé and business partner, Zeke Mims, who was instrumental in the construction of the gym, will offer meal plans through ZK Food Prep.

Gym members can select protein, carbs and other items from a menu. Each meal plan will cater to each person's nutritional needs and goals, and

meals can be delivered or picked up. Evans also said gym members will be able to come together for monthly outings to promote "female fellowship." That could mean anything from going to dinner to playing bingo, she said, but overall it'll be an opportunity for the women at her gym to connect. "To me, female fellowship is where you can come together and talk about everything," she said.

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