



FITNESS



REVOLUTION

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(behind the Cape Codder)

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www.fitrevs.com



Redefining Fitness

Fitness 500 Club is the most magnificent fitness club that you could ever dream of joining! **Fitness 500 Club** is airy, crisp and super clean. It has great open space with high ceilings and marble bathrooms. It is our mission, and our passion, to provide the best in wellness, relaxation and innovative fitness programs.

You will find positive attitudes, superb facilities, and state-of-the-art Life Fitness equipment. **Fitness 500 Club** will reach beyond any fitness experience you have ever had before today. Our club connects with a strong support network of experts in health, fitness and beauty. We have the tools to help you achieve personal success, inner health and relaxation.

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*\$50 initiation fee also applies.

Fitness500
CLUB

Renewable Energy Incentives Abound!

By Susan Spencer

Improving the energy efficiency of your home or business and using renewable energy reduce your carbon footprint and your monthly utility bills. Energy rebates, tax credits and grants make it even more affordable.

“Right now it’s the most amazing time for people to do renewable energy, especially in the commercial environment,” says George Olson, of P.V. Sullivan Supply Co., who guides customers through the maze of programs.

Start saving with an energy audit. Massachusetts utility companies arrange for free analysis of your building and give advice on how to make it more efficient. Energy audits are typically required in order to take advantage of energy-improvement rebates.

MassSAVE offers residential utility customers rebates of 75 percent, up to \$2,000, towards the cost of insulation and air sealing, and other incentives for qualifying systems. NSTAR offers small businesses rebates up to 70 percent of the installation cost for energy improvements.

The Massachusetts Technology Collaborative (MTC) provides rebates through the Renewable Energy Trust for installation of solar and wind energy systems. Its Commonwealth Solar initiative offers up to \$20,000 to homeowners who install photovoltaic (PV) energy systems of 5 kilowatts or less. Commercial projects can receive rebates for PV systems up to 500 kilowatts.

MTC’s Commonwealth Wind provides Micro-Wind rebates for systems up to 10 kilowatts. The rebate provides incentives to monitor wind-energy production. Other programs support larger turbine installations.

Small businesses on Cape Cod can apply for grants of up to 25 percent of the cost of installing renewable energy systems and energy improvements from the U.S. Department of Agriculture’s Rural Development program.

Federal tax credits of up to 30 percent for energy improvements and renewable energy, and the Massachusetts 15 percent personal tax credit for renewable energy, lessen the sting come tax time. **cha**

Database of State Incentives for Renewables and Efficiency

www.dsireusa.org

Tax credits for energy efficiency www.energystar.gov/taxcredits

Massachusetts Technology Collaborative www.masstech.org

Rural Energy for America Program www.rurdev.usda.gov