

Cover Story

New Year... New Start... New Location!

By Debbie Wolff



Happy New Year!!!! While many look forward to the New Year with optimistic resolutions and the promise of health and fitness, others worry whether or not they can afford a new start on their road to better health.

Studio4Fitness is heralding their 10th year with many new and exciting ways for one to begin or continue their path toward fitness! Boasting 20 certified trainers qualified to train in most fitness formats, **Studio4Fitness can offer the best workouts in town at an affordable price.** Their experienced staff trainers teach strength training, nutrition, martial arts, kettle bells, Pilates, yoga, indoor cycling, and speed / endurance training - just to name a few. There are packages available to suit anyone's lifestyle and budget. Men, women, and children of all ages are welcome into the studio and are **guaranteed satisfaction.**

Owners Eric Wolfe and Rich Maston meet personally with all potential and new clients to discuss their individual goals and personal & financial needs - no one should leave dissatisfied for being unable to afford to work out.

The newly updated website www.studio4fitness.net affords clients the availability (at no extra charge) to on - line nutritional guidance as well as Target Workouts here clients can choose from different videos to enhance their workout at home or on the road.

Growing from a one room studio to a full 4,000 Sq. ft. gym with cardio equipment, complete Pilates studio and a state of the art training room - **Studio4Fitness is expanding and moving to a larger facility** to add to the new wellness staff.

Dr. Grant Schneider will be incorporating his offices with private rooms for consultation and treatment, x-rays and massage therapists into the new facility.

For 3 years, Studio4Fitness has been voted the best personal training studio in Coral Springs by a well respected magazine. Their staying power is proven daily with a retention record of over 90 % of both clients and trainers. This outstanding track record is certainly due in part to their continued commitment to a "hands on" approach to customer satisfaction.

If you are considering a plan to better your health or are committed to physical fitness in 2008 - make Studio4Fitness your first call! The new studio is located at 10105 - 10107 West Sample Road, Coral Springs. **Visit us online or call Rich or Eric to discuss how we can facilitate your fitness plans for the New Year. Contact us at www.Studo4Fitness.com or call 954.757.2639 (BODY).**

We're in the business of changing lives and we do it one client at a time! We hope you are our next client and together we will reach your goals to be a healthier you.

Happy, healthy and fit New Year!