

THE STUDIO FITNESS™ PUTS FOCUS ON THE BEGINNERS

While it's true that starting something new can be intimidating and uncomfortable, some challenges must be confronted in order to move forward. This statement is especially true when it comes to fitness routines and workout habits. Many individuals would rather not attend a new facility or start a new fitness program due to the fear of looking "awkward" or feeling "lost."

Fitness professionals at The Studio Fitness™, located in Vandalia, understand your worries and have established classes that are inviting without the worries of feeling awkward or out of place. These fitness classes, namely Zumba® Gold (Beginner Level), Fresh Start Beginner Toning and Intro to Kettlebell, are classes geared to the fitness population needing a lower intensity/lower impact level. The music is the same exciting Latin-inspired rhythms of a regular Zumba® class and the upbeat music of the PUMP! (weights) class, but the classes are structured at an adapted pace. But don't be fooled! Participants will still get a good sweat and workout in these modified classes.

Zumba® Gold is an excellent way to learn the basic steps in Zumba®, such as Salsa, Merengue, or Cumbia. Intro-level weight classes will teach proper form, body mechanics and help achieve overall body strength. These classes are for ALL ages and you will find yourself moving to the music, learning the steps and most importantly - burning calories. These classes are designed for everyone; both males and females will gain the benefits of all the positive changes of a good fitness program.

The Vandalia and Butler Township communities have easy access to these classes and more. The Studio Fitness understands the fitness struggles individuals face - from lack of motivation to intimidation. The Studio's mission is to provide a safe, beautiful environment that is easily accessible and inviting to everyone in the community.

Don't wait any longer, start your fitness journey today!

The Studio Fitness is hosting an Open House event on May 1, 2011 from 12:00 pm-6:00 pm.

If you've wondered how to get back on track with a fitness routine, take advantage of the Open House's free classes*

2 pm - Intro Strength-Weight class

3 pm - Zumba[®]/ Beginner, Medium level

4 pm -Zumba[®] Toning-Intro

* To enter drawing **you must be a new student or have not been to The Studio Fitness in 1 year. Prizes not transferable***

Hope to see you there!

To inquire about the **Zumba[®] Gold, Beginner Weights and Kettlebell** classes at The Studio Fitness[™], please call 937-387-0660 or visit www.TheStudioFit.com.