

FOR IMMEDIATE RELEASE

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STUDIO ZUMBA® FITNESS CHANGES NAME

Everything else remains the same at fitness facility voted Dayton's best

STUDIO ZUMBA® Fitness in Vandalia, voted Best Fitness Center in Dayton 2009, will now be known as **The Studio Fitness™**. The simpler name better reflects the wide range of classes and services offered for all ages and fitness levels. The Studio founders Doug and Joan Jones are quick to point out that nothing has been lost in the transition.

“We’re still the region’s premier ZUMBA® facility,” Doug Jones says. “So much of what we offer is rooted in our commitment to traditional Latin music and rhythms. We maintain our great partnership with the international ZUMBA® Fitness movement, headquartered in Florida; and Joan and I will continue as ZUMBA® Education Specialists (ZES) responsible for training ZUMBA® instructors.” They’ve trained more than 3,000 ZUMBA® instructors to date.

Doug and Joan introduced the wildly popular ZUMBA® Fitness routines to the Miami Valley, recruiting a core of excellent instructors with certifications from the Aerobic & Fitness Association of America, the National Exercise Training Association, and the American Council on Exercise, among others. The Studio Fitness™ facility features a state-of-the-art floor designed for maximum safety and comfort. The onsite *LocoLicious™*, a natural fruit, vegetable, protein, and coffee bar, offers refreshments as healthful and invigorating as the fitness routines.

But it’s in the range of classes and services offered for every population that The Studio Fitness™ has really exploded. In addition to ZUMBA® classes and Latin dance lessons, The Studio offers the popular PUMP! strength/toning, Pilates/Yoga Fusion for core balance, pole/chair fitness Fusion, kick boxing and the Masala Bhagra Workout®, an exciting cardio program based on the rhythms of India. Personal training and massage are also offered at The Studio Fitness™. Special events enhance a full monthly schedule of classes and sessions.

“Our name may be shorter,” Joan Jones says, “but in every other way we’re bigger than ever. If you’re a regular, you’ll still find everything you’re looking for. If you’ve never checked us out, this is the time. We’re here to get you fit in a fun and friendly way. And we’re here to stay.”

The Studio Fitness™ is located at 698 W. National Road in Vandalia. Call 937-387-0660 or go to TheStudioFit.com for more information and class schedules.

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