

Cover Story

STUDIO 4 FITNESS VOTED #1 PERSONAL TRAINING STUDIO IN CORAL SPRINGS & PARKLAND *By Eric Wolfe*



Rich Maston, Eric Wolfe

It is the New Year and everyone wants to succeed in all their New Year resolutions. On the top of the list is to get healthier, lose weight and to start exercising. If you call Studio 4 Fitness you can create your own schedule to accommodate your times and needs. It is as easy as calling, setting up a time and showing up.

Let the experts do the rest. We can build a program to fit any budget and lifestyle. So, pick up the phone and make the best investment of your life.

When you do call you can expect the best trainers in the world with the best customer service. Each client gets one trainer and the entire staff to support you with anything you need throughout your journey. We have someone for everyone because it has been our mission to change peoples' lives for the better. Any age, any goals, and any desires. We dedicate our careers in making people healthier and in better condition. If you were putting off getting started until after the New Year the time has come and we have the answers.



Studio 4 Fitness has over twenty trainers that are experienced with the New Year beginnings. We are ready to motivate you and give you that push that is so necessary when starting an exercise program. We give just the right amount of encouragement and will show you just how much you can succeed. Losing weight does not come easy, but it helps when the planning comes easy and the pros take care of you throughout. We are the only gym in town where your program will include personal training, Pilates, kick-boxing, boxing, yoga, diet and re-hab. This is our secret to success. We will do whatever it takes to deliver the results that you are dreaming of.



Re-Cap of 2006

We succeeded at being voted #1 personal training studio in Coral Springs and Parkland. Thank you to all of our staff. It is because of you that we won.

Studio 4 Fitness has added 6 more of the best trainers in the world. We recruited from New York, Texas, New Jersey and Croatia.

We expanded to add additional classes in Pilates, boxing and kids classes.

We offered after school programs for Park Trails elementary and West Glades (We are willing to do programs any where and any time)

We have trained students from every school in the area and have incorporated training programs to specialized in every sport.

We have tripled our clients between ages 8-18 which is an important age to teach kids to live a healthier lifestyle.

Our Studio 4 Fitness family continues to grow. Rich, Camilla, and Scott all had healthy babies. Congratulations!

What to expect in 2007 and predictions.

Studio 4 Fitness is 100% committed in making personal training affordable for everybody and to make our society as health as possible.

We are adding our own continuing education programs for personal training and Pilates so we are knowledgeable with all the new fitness trends.

We are starting a network with all the local doctors who are as passionate as we are to have all their patients live a healthy life.

We predict people will start one on one training rather than the commercial memberships. To succeed, it is better to have a professional guide you correctly and safely.

Our goal is to have every person in Coral Springs and Parkland to join our family and benefit from our knowledge and services that we offer and deliver to you the healthy lifestyle that you deserve.

As always continue customer service that is second to none.

For questions, or additional information, please call **954-757-2639**. Studio 4 Fitness is located at 9707 W. Sample Road in Coral Springs.

Trainers not pictured on the cover: Blaine Lemelle, Corey Quinn, Darren Navarre, Kim Fariabella, Kris Johnson, Andrea Greenstein, Pam Cortez, Ali Asbury, Mike Binger, Dave Hendricks.