

NEWS RELEASE

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Suffolk
VIRGINIA

It's a good time to be in Suffolk

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C-Fit Studio Opens Downtown

SUFFOLK, Virginia (September 10, 2012) A new fitness studio has opened at 143 N. Main Street, in Suffolk. A Grand Opening/Ribbon Cutting will be held September 11, 2012, at 4:00 p.m., with Vice Mayor Charles Brown helping to kick off the event. There will be games, prizes and charter memberships available. The event is free and open to the public.

C-Fit Studio is a 3,000-square-foot fitness club that offers fitness assessments, classes, exercise equipment and healthy programs. The business is based on the belief that healthy people are more productive and happy. They focus on group classes as well as Olympic-style lifts and related exercises and cycling (spinning) classes. Yoga, Zumba and Pilates are a few examples of the classes that will rotate on the schedule.

Owner Connie Womack has thirteen years of fitness experience behind her. She is a certified personal trainer and is licensed in Zumba and group exercise. Having worked in many different fitness environments, she is looking forward to using her motivational skills in her own studio. “We are so excited to open C-Fit Studio in Downtown Suffolk”, said Womack. “We wanted to bring an alternative to the traditional gym setting and create a more approachable and personalized experience.”

C-Fit Studio developed the Kinetic Athletic Olympic System (KAOS), a targeted workout that combines a variety of core strength training techniques. Personal training is also available.

“We are pleased that C-Fit Studio has brought their fitness philosophy and business to our community”, said Mayor Linda T. Johnson. “Their mix of personalized attention and variety of group classes will surely add value to their organization. We welcome them to Suffolk!”

Discounts are offered to students, military, law enforcement and firefighters. Hours are 8 a.m. – 8 p.m. Monday thru Thursdays and 8 a.m. – noon on Fridays and Saturdays or by appointment.

For more information, call 757.621.5159, visit www.cfitstudio.com or find them on facebook.



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