

MetroWest

March 2014

MetroWest Community Champion The Body Club: *Getting MetroWest into Shape*

“The Ultimate Fitness Experience” – That’s what you can expect from The Body Club in MetroWest. The Body Club is a state-of-the art fitness facility in MetroWest, featuring top-of-the-line cardio and strength training equipment and a large group fitness studio. Since it’s official opening in December of 2013, The Body Club has impressed residents with a personal and professional experience for those looking to get in, or stay in, shape.

Even before officially opening their doors, The Body Club has made the effort to become a viable partner of MetroWest. Getting out into the community through event sponsorships and exhibiting has allowed The Body Club to meet residents of MetroWest and show-off all they have to offer. At the 2013 MetroWest WinterFest, The Body Club pumped up event attendees with a Zumba demonstration. Instructors and fitness enthusiasts alike joined together to give attendees a little taste of the type of fun, and fat burning, classes are available.

Zumba, a dance-based, body sculpting group exercise class is just one of many workout options available at The Body Club. Yoga, cycling, BODYPUMP™, and more give individuals body-rocking group workouts. If you’re looking for a more private fitness experience, The Body Club offers personal training, where your workouts are fine tuned to determine fitness goals specified for your body and your needs.

The Body Club serves MetroWest with more than just fitness; it’s a one-stop shop for full-body wellness. Stop by the Sidewalk Café and Smoothie Bar to refresh and refuel. The Serenity Now Spa is a unique day spa specializing in Wellness and Sports Recovery treatments. If you need a new pair of weight lifting gloves, the Body Shop has all your fitness apparel and active wear needs. Looking for a fitness experience for the kids? Busy Body’s Kid Club is an education and active space for children of all ages.

Located in Veranda Park, at 2121 S. Hiwassee Road, The Body Club provides a full-service health and wellness experience for the residents of MetroWest. Stop by today to join and get started on your fitness journey