

**FOR IMMEDIATE RELEASE**

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**Fitting Fitness In™ Studio Opens in Boxborough**  
*Fitness Pro Holly Kouvo Opens Fitting Fitness In™ Studio*

**BOXBOROUGH, MA, October 14, 2009** –*Fitting Fitness In™* has opened a studio in Boxborough, MA and is offering a variety of classes. The studio's new plyometric rubber flooring is easy on the knees, while the inspiring exercise routines and camaraderie of the classes is designed to keep clients coming back for more.

After just one boot camp class at the new studio, one client couldn't wait to email *Fitting Fitness In™ Studio* Owner Holly Kouvo. "Yesterday morning's class was the best class I have ever taken," wrote Heidi Kidd, Boxborough, MA. "I thoroughly enjoyed every minute. Going outside really broke things up and just the large room and cleanliness was fantastic. It really felt good to be there. I am sore today, however! Can't wait for the next class!"

Ms. Kouvo and her team of personal trainers at the *Fitting Fitness In™ Studio* are focused on helping clients find the time to fit fitness into their busy lives. They offer many different types of small- to medium-sized group classes in addition to individualized personal training. Classes include:

- Early Morning Boot Camps
- Evening/Saturday Morning Boot Camps
- Fitness Classes
- Nutrition Classes
- Weight Loss Clinics
- Yoga
- Youth Classes
- Specialty Classes
- Cook Offs

**About Fitting Fitness In™ Owner Holly Kouvo**

For eight years, Fitting Fitness In™ Founder and Owner Holly Kouvo has led exercise classes, taught clients how to eat to lose weight, and has had many successes in helping people lose hundreds of pounds. She is a certified personal trainer and group fitness instructor through the Aerobics and Fitness Association of America (AFAA) and a certified Nutrition Specialist through American Academy of Sports Dietitians and Nutritionists (AASDN). Ms. Kouvo has a weekly radio spot called "Holly's Helpful Hints" on Career/Life Balance Radio (WNRI.com) Friday mornings 9-10am. She has also appeared on "HealthStyles" on Chelmsford Telemedia and has been published in several national health and fitness magazines. To learn more about Kouvo and her personal training services, call 978-502-8781 or visit [www.FittingFitnessIn.com](http://www.FittingFitnessIn.com).

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