

FOR IMMEDIATE RELEASE

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Open House at Fitting Fitness In™ Studio

BOXBOROUGH, MA, January 2, 2010 – There's a new fitness studio in town. Come see what they have to offer at their Open House Saturday, January 9th (10am-4pm) and Sunday, January 10th, 2010 (12-4pm).

Holly Kouvo and her team of Personal Trainers at the *Fitting Fitness In™* studio will help you to find the time to fit fitness into your busy life. They offer many different types of group classes in addition to individualized personal training.

At the Open House there will be Mini Classes for people to try along with Blood Pressure Screening and Body Fat Analysis. Healthy foods will be supplied by Pasture House Market. See what class you are interested in and pre-register online at **www.FittingFitnessIn.com**

Saturday, January 9, 2010 - 10am-4pm

- Blood Pressure Screening
- Body Fat Analysis
- Sample Supportive Foods - Provided by Pasture House Market
- 10am: Boot Camp for Kids
- 11am: Boot Camp for Women
- 1pm: IMPACT
- 2pm: Yoga with Karen Scibinico of [Circle of Stones Yoga](#)

Sunday, January 10, 2010 - 12pm-4pm

- Blood Pressure Screening
- Body Fat Analysis
- Sample Supportive Foods - Provided by Pasture House Market
- 1pm: Boot Camp for Women
- 2pm: Hula Hoop with Allyson Makiej of [Full Motion](#)
- 3pm: Self Defense for Women with Gillian Draleau of [Guided to Healing](#)
- 3:30pm: IMPACT

The studio has plyometric rubber flooring that is easy on your joints and the inspiring exercise routines and camaraderie of the classes will keep you coming back for more. After just one boot camp class at the new studio, one client couldn't wait to email Holly, "Yesterday morning's class was the best class I have ever taken. 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!"

For nine years, Kouvo has led exercise classes, taught clients how to eat to lose weight, and has been successful helping many people lose hundreds of pounds. Clients have found Kouvo to be a non-judgmental, but inspiring and practical coach through their weight loss journey.

About Fitting Fitness In™ Owner Holly Kouvo

Founder and owner of Fitting Fitness In™, Holly Kouvo 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 Dieticians and Nutritionists (AASDN). Kouvo has a weekly radio spot - “Holly’s Helpful Hints” - on Career/Life Balance Radio (WNRI.com) Friday mornings 9-10am. Kouvo has also appeared on “HealthStyles” on Chelmsford Telemedia and has been published in several national health and fitness magazines. Kouvo released an Exercise DVD in 2005 titled “Total Body Workout...Just Easy on the Knees” for people with bad knees. To learn more about Kouvo and her personal training services, call 978-502-8781 or visit www.FittingFitnessIn.com.