

NEWS RELEASE
FOR IMMEDIATE RELEASE
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Contact:
Rodney Sanders
757.621.4084
GODHAP4fitness@aol.com

Contact:
Suffolk Media & Community Relations
757.514.4106
www.suffolk.va.us

GODHAP 4 Fitness expands at Creekside Village Shopping Center

GODHAP 4 Fitness is pleased to announce they are expanding into 1,200 square-feet of additional space at 3235 Bridge Road, in the Creekside Village Shopping Center. They originally opened in July 2010, offering one-on-one personal training and goal-specific programs. With this expansion, GODHAP 4 Fitness is now offering group exercise classes to include Cardio Funk, Yoga, Pilates, Zumba, Kickboxing and Core/Ab classes.

“By being able to offer group exercise classes, this is a great opportunity for individuals to start changing their lifestyle one day at a time”, said Rodney Sanders, owner.

“This expansion is wonderful news and I wish GODHAP 4 Fitness continued success,” said Mayor Linda T. Johnson.

Hours of operation are 7 a.m. – 8 p.m. Monday – Thursday, Friday 7 a.m. – 7 p.m. and Saturday 8 a.m. - 3 p.m. Fitness and Nutrition consultation and Personal Training sessions by appointment only. For further information contact Rodney Sanders at 757.483.0263 or email him at godhap4fitness@aol.com

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