

## **Trinity Health and Fitness, LLC considers location on Mary Black Health System campus**

Mary Black Health System (MBHS) has been negotiating with Trinity Health and Fitness, LLC (THF) to establish a fitness center in Medical Office Building III, located at 1650 Skylyn Drive. As part of the negotiations, THF will begin a pre-sale period beginning January 15, 2010 for memberships and will offer a one-time only 40% discounted rate during this period with individual, couple, family, student and corporate rates.

The owner of Rock Solid Fitness & Beyond (RSF), Craig Price, plans to open the 16,000 square-foot Trinity Health and Fitness (THF) after the pre-sale period on April 1, 2010. Craig brings more than 18 years experience as a personal trainer and has been the owner of RSF for more than 8 years. He brings professionalism, business knowledge, experience and integrity to the new facility.

Current amenities include: a sprinting track, pool & Hydroworx endless pool with underwater treadmill, Jacuzzi, male and female private saunas and locker rooms, an outdoor walking trail, two instructional classrooms. Additional amenities include all new cardio and strength training equipment, a rockclimbing wall & rope-climbing area and a huge selection of functional coretraining equipment. A variety of classes will also be offered featuring: Body Sculpt by Shawn, Pilates, Step classes and Senior Fitness. Other services will include a children's fitness program sports-specific training & speed and agility training, swimming lessons and water aerobic classes. Other classes, programs and boot camps will be added during the first year. The center will carry a full line of nutritional supplements. A dining area featuring: fresh fruit smoothies, healthy sandwiches and wraps, protein drinks, pre-workout drinks, and a wide variety of drinks to ensure proper hydration will also be available. A wellness and nutrition consultant will be on staff along with certified personal trainers. Childcare will also be offered. Individuals interested in this one-time, discounted, pre-sale period should contact THF. This special offer will not be available after March 31, 2010. THF pledges to give 10% of all profits back to the community to those in need. For additional information and/or to enroll visit the THF website at [www.trinityhealthandfit.com](http://www.trinityhealthandfit.com) or call 864-591-0793. The details for the upcoming Open House of the new space will be posted on the THF website.