



## PRESS RELEASE

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### **An Exercise Program Can Be Challenging and Fun**

*Fitness Fusion exercises classes announced for January 2009*

**Whippany, NJ - December 19, 2008** - Join the fun and get into shape at UACCNJ in Whippany for Fitness Fusion exercise classes on Thursdays at 7pm. These 1-hour classes combine resistance training, pilates and yoga for a complete workout. Exercises are tailored for all levels of ability and taught by a certified instructor from Energy in Motion LLC. The session begins on January 8, 2009.

Fitness Fusion classes include a warm-up, core training, resistance exercises (using equipment such as tubing, therabands, stability balls, medicine balls, weighted bars, balance trainers and dumbbells), endurance training and stretching. Each session ends with a relaxing guided meditation designed to decrease stress and promote physical and mental wellness. Classes are designed to increase overall strength, core stabilization, endurance, balance, agility, and flexibility. "I've been taking Fitness Fusion classes since January and it has helped me loose 20 lbs. I feel stronger, healthier and I have more energy during the day," said Steve Woch.

The tailored approach to individual levels of ability draws a lot of people. "I've never exercised before and I've come a long way since I started taking these classes last year," said Nora Hamulak. "The instructor is very encouraging and offers a lot of individual guidance. Also, each class is different so I always feel challenged and never get bored."

"Our goal is to make exercise fun and challenging so that participants can take an active role in their health," explained Tiffany Twardowsky, Director of Energy in Motion LLC. "If people are not having fun with their exercise program, they're not going to keep it up. That's the key to an active lifestyle; you need to make it fun!"

The first 10-week session begins on January 8<sup>th</sup>. Sign up for 8-10 classes at \$10/class. Walk-in price is \$15. Purchased classes need to be completed within the session. A physician's clearance may be needed for certain health conditions. To register for class, contact Tiffany at 973-983-9554 or [info@einmotion.com](mailto:info@einmotion.com)

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#### **About Energy in Motion LLC**

Energy in Motion LLC provides on-site fitness and wellness services to corporate and private clients allowing busy people to take a proactive approach to health, fitness and stress management. Programs include group exercise classes, personal training and wellness seminars. To learn more about Energy in Motion LLC, visit [www.einmotion.com](http://www.einmotion.com)

#### **About UACCNJ**

The Ukrainian American Cultural Center of New Jersey is located at 60 North Jefferson Road, Whippany, NJ in a stunning, brand new, 24,000 square foot building. The Cultural Center's purpose is to provide facilities for the preservation of Ukrainian heritage and culture, and to promote and conduct educational and social programs for persons of Ukrainian descent and for the community at large. To learn more about UACCNJ, visit <http://www.uaccnj.org>