



FlexCity Fitness Celebrates 5 Year Anniversary

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FlexCity Fitness founders, Jenny and Trista, have shared their love of helping others reach peak health since 2012. The company offers amazing results for FLEX citizens throughout the state of Michigan.

Lansing MI: FlexCity Fitness and Trista Parisian are pleased to announce that they have reached the five-year anniversary milestone in their fitness business. Beginning in 2012, the professionals now offer amazing results for FLEX participants throughout the state of Michigan. The concept of FLEX is a simple one. Participants work hard for 56 minutes as the skilled trainers guide through intervals of cardio and strength training. The results will be notable. They have worked so well that the company has expanded, with studios in Lansing, Grand Rapids and Bloomfield Hills.

The gyms in Lansing, MI and other communities in Michigan offer an interval-based fitness program which blends leading techniques into a one-of-a-kind training concept. Participants get everything needed from FLEX without having multiple memberships to other places. The trainers incorporate cardio, strength training and flexibility into each and every class. The intensity of the method and calorie-scorching 56 minutes leads to effective, noticeable results. The customers look, feel and perform better within the first month of becoming

a FLEXcitizen.

According to a company representative, "Our team of passionate and highly-skilled trainers will help you reach beyond what you thought was possible. We continually develop and introduce new workouts and stay up on the latest fitness trends. This keeps our clients from getting bored, and constantly challenges their bodies and helps break through plateaus. Our motto is FLEX, sweat, stretch, repeat."

The signature workout, FLEX56, was developed to make exercising fun, efficient and effective. The instructor-led small group training class incorporates both cardio and strength training. Each day of the week has differences, so participants are involved in fun and challenging exercises and activities. Equipment used includes treadmills, indoor cycling, BOSU®, TRX®, barre and much more to get a total body workout. Each 56 minute class is structured to maximize calorie burn, increase strength, tone and flexibility.

For more information about FlexCity, visit <http://www.flexcityfitness.com>.

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