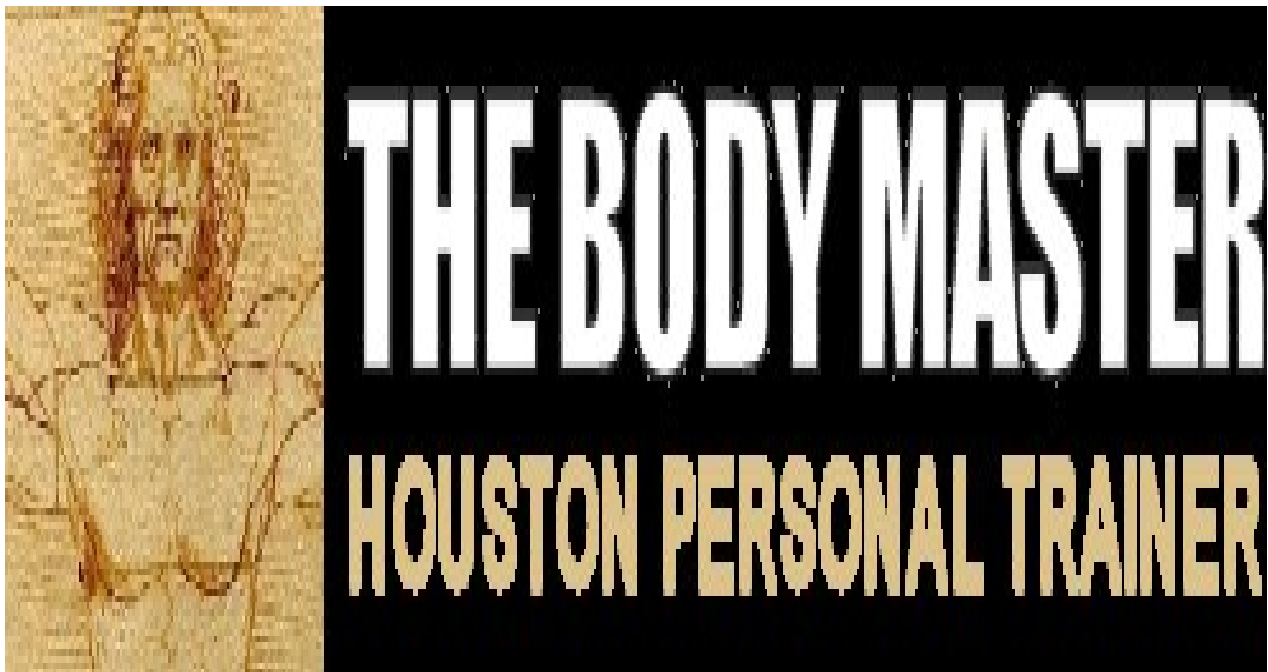




Senior Fitness Classes Announced In Houston

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The Body Master Fitness Studio, located in Houston, TX, has recently started offering senior fitness classes. Full details can be obtained on <http://www.thebodymaster.com/personal-trainer-services/senior-fitness-classes-houston/>. These classes are designed to be suitable for older people who may already have some mobility issues, allowing them to continue to enjoy a healthy lifestyle.

"It is all too easy, once we get older, to let physical fitness slip," says Ron Russell from The Body Master Fitness Studio. "However, this is actually a vicious cycle. The less you work out, the less able you will be able to work out. We are here to change that, offering classes specifically suitable for older generations to allow them to continue to be active, healthy and happy."

The Body Master is known all over the Houston area for their services. They use state of the art technology and fitness equipment and have both indoor and outdoor training sessions. For instance, they also have a salt water pool in which they now offer aqua training. Each client is treated as an individual and their personal goals and abilities are taken into consideration to create a personalized fitness plan.

The fitness services offered by the Body Master, as can be seen on

<http://www.thebodymaster.com/personal-trainer-services/>, are extensive and they have been very much appreciated by those who have used them. "Ron and Jason's customized workouts and tailored meal plans have me well on my way to achieving my fitness goals," says David G. "Also, rather than having a set workout time, such as a half hour or an hour, like most private trainers do, Ron and Jason schedule by the session, as long as it may take, to ensure a complete and thorough workout."

The Body Master Fitness Studio believes that anybody can achieve great health and fitness, regardless of their age and previous abilities. Furthermore, they promote the importance of physical activity in terms of overall health and fitness. As shown on their website, <http://www.thebodymaster.com>, they achieve this by treating each client as an individual, creating plans tailored to both their needs and expectations, in a supportive and professional environment.

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For more information about The Body Master Fitness Studio, contact the company here: The Body Master Fitness Studio Ron Russell (713) 773-0077 train@thebodymaster.com The Body Master 7814 Nairn Street Houston, TX 77074

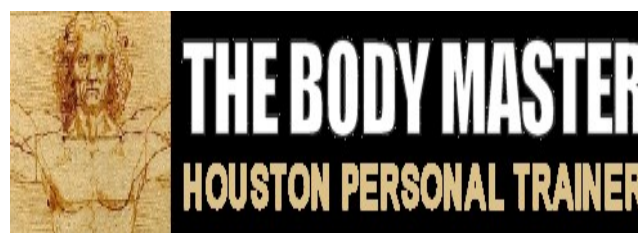
The Body Master Fitness Studio

Houston Personal Trainer, Ron Russell has been serving the community for nearly 20 years. He is recognized as one of the best health and fitness trainers in all of Texas, and specializes in helping with weight loss, injury rehabilitation and baby boomers.

Website: <http://www.thebodymaster.com/>

Email: train@thebodymaster.com

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