



Holistic Fitness and Wellness Center Celebrates Anniversary

Fitness and health center, heartandsoul has celebrated its first anniversary. The heartandsoul staff places a focus on the physical, emotional and spiritual components of wellness as they assist clients in achieving their overall health and fitness goals.

Traditional fitness classes are just one of the features of heartandsoul. In addition to the Jazzercise, yoga, Pilates and

Spinning classes, clients can take advantage of the massage therapy services including relaxation and therapeutic massages, Reiki, LaStone, reflexology and Belavi facelift massages.

More than a fitness center, heartandsoul offers monthly culinary classes, taught by the chefs from Toledo area restaurants.