

FOR IMMEDIATE RELEASE
September 23, 2004

heartandsoul, FITNESS FOR LIFE has celebrated its first anniversary as a comprehensive health and wellness center.

heartandsoul, FITNESS FOR LIFE opened its doors as Jazzercise Center South in 1988. Just last year, owner Mary Lee Treter saw that by expanding the services offered, with the focus on each client's well-being, the staff of **heartandsoul** is able to help each client achieve their overall health and fitness goals.

Traditional fitness classes taught by certified and highly trained instructors 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 and monthly culinary classes.

More than a fitness center, **heartandsoul** offers clients a healthier way of life with the focus on their physical, emotional, and spiritual well-being. Whether one is looking for a fitness routine, relaxation or Belavi facelift massages, or culinary classes taught by the top chefs in the Toledo area's finest restaurants, **heartandsoul** helps each establish a schedule to fit their lifestyle.

For more information on contact Mary Lee Treter at (419) 779-0607 or visit www.toledoheartandsoul.com. **heartandsoul, FITNESS FOR LIFE** is across from the Stranahan Theatre at 4444 Heatherdowns.

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The atmosphere at heartandsoul is non-competitive and non-intimidating. There are no membership fees or contracts to sign, and Seniors, students and couples enjoy extra savings. Visit online for more information, schedules, and discounts.

*Whatever you do, do it with **heartandsoul**.*