

## **FOR IMMEDIATE RELEASE**

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### ***ELEMENTS FITNESS FOR WOMEN ANNOUNCES ITS OPENING IN HENDERSON***

**HENDERSON, NV**-(September 22, 2014)—elements fitness for Women is now open at 11251 South Eastern Avenue in Henderson, Nevada. A national franchise, elements is a premium brand of lifestyle health clubs focused on women and their fitness needs. The boutique style clubs are equipped with the latest fitness amenities and include personal and motivation coaching for wellness, weight loss and nutrition. Its offerings also include an exclusive line of dietary supplements from BalanceDiet and proprietary metabolic testing for carbohydrate and fat sensitivity, which can form the basis for a sensible weight-loss plan. Memberships in the club are now open and the first 100 founding members are eligible for a lifetime rate of \$39 a month.

According to franchise owner Melissa Schmidt, elements is an important addition to the fitness options available to women in Las Vegas. "The elements program is truly individualized to meet the needs of each client. We want women to feel at home and motivated to reach their fitness goals," she comments, "There is absolutely no one-size-fits-all at elements. I'm really excited to bring this great concept to southern Nevada, starting with our Henderson club."

#### **ABOUT ELEMENTS FITNESS FOR WOMEN**

elements fitness for Women is a boutique health club focused on meeting the health and fitness needs of women in Henderson and Las Vegas. It is a center for women to gather in a place that nurtures and motivates them and that helps them become stronger physically, mentally and emotionally. Club offerings include personal and motivational coaching, relaxation, conditioning and cardio group classes and nutritional counseling, all provided in a luxurious and fully-equipped fitness environment. Its trained staff and dedicated owners are committed to offering local women a balanced approach to achieving a healthy lifestyle. elements fitness for Women

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and BalanceDiet are trademarked international franchise brands based in Miami, Florida. The clubs are a premium fitness and healthy living brand for women, which offer membership-based fitness and weight-loss services through a network of upscale, boutique-style health clubs. More information is available at [lasvegas.elementsfitnessforwomen.com](http://lasvegas.elementsfitnessforwomen.com) 702-945-0234

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