

FOR IMMEDIATE RELEASE

CONTACT:

Christy Griffin
Belle Vive Spa and Wellness Centre
134 Clebourne Street
Fort Mill, SC 29715
Phone: 803-548-8772
Email: info@bellevivespa.com



Belle Vive Spa and Wellness Centre Helps People “Exercise Smarter” With New “Metabolic Effect” Boot Camp Class

Fort Mill, SC (November 20, 2007)—**Belle Vive Spa and Wellness Centre** has added a “Metabolic Effect” boot camp exercise class to their menu of services. The class, taught by certified personal trainer Tim Stuckey, incorporates a specifically-selected group of techniques to boost the metabolism, causing exercisers to burn fat up to 40 hours after the class has ended. The 30-minute class meets Mondays, Tuesdays, and Thursdays at 6:45 p.m. and 7:45 p.m. at 213 Main Street, and includes personal fitness assessments and measurements.

“What people don’t realize is that when they go to the gym and do cardio on a machine, they stop burning calories the second they step off the treadmill,” says Stuckey. “The key to effective weight loss is to keep the metabolism going after the workout is finished. When done in the proper order, a combination of practical strength-training, core-toning, cardio, and polymetric techniques will jump-start the metabolism and keep it burning fat long after the class is over.”

“A lot of women who come to Belle Vive are frustrated with their exercise routines,” **says Belle Vive Spa and Wellness Centre owner Christy Griffin.** “They don’t understand why they’ve been exercising three or more times a week and are not losing much weight. I think the ‘Metabolic Effect’ class will be just what they’ve been looking for, because it will teach them new, more efficient exercises directly from a personal trainer. They won’t be exercising longer, they’ll be exercising smarter, for a more effective workout in a less amount of time.”

About Belle Vive Spa and Wellness Centre

Belle Vive Spa and Wellness Centre is an award-winning, upscale, full-service spa located in a beautifully converted Victorian home in historic downtown Fort Mill. This full-service, award-winning spa offers everything from hair cutting and styling, massages, manicures, pedicures, and facials, to all-inclusive packages that contain a day full of delights. “For-Him” packages are also available. Personal trainers are on staff, ready to offer nutritional and fitness consultation, and private rooms are available for parties and showers. To view a menu of services, visit www.bellevivespa.com.

