

In depth with...

PLATINUM GYM

Platinum Gym Aerobics and Fitness is your local family owned gym since 1989. The 16,000 sq. ft. gym has recently



done a complete overhaul and change. In August 2006, Juli Knowles, an employee since 1989, bought the facility from the previous owners. Juli knew the changes that needed to be made to Platinum Gym to make it successful, since working there for 17 years and heard the members' requests. She started by completely doing a cosmetic overhaul to the gym. Juli is supported by her husband of 14 yrs and her 4 children. Owning the gym has always been a dream of Juli's and now her dream has come true. As well as owner she is a personal trainer that is passionate about helping others.

In April of 2007, she took on a partner, Lynn Koga, whom also is supported by her husband of 5 years and their daughter. Lynn is from California who studied business and child development. She previously

owned a gym and worked as a Director in the Jewish Community Center. Lynn has always loved the fitness lifestyle and is excited about her partnership at Platinum Gym. Lynn is also a trainer and is very passionate about helping our community and promoting a healthier lifestyle to help others achieve their goals.



Juli & Lynn

Since their partnership took place, they have been active in the community with participation of Relay For Life and Alive After 5. The gym itself has been completely furnished with all brand new 2007 Precor equipment and weights. They have a complete variety of cardio equipment that has the great cardio theatre, as well as they are the only local gym to carry the Precor AMT cardio machine! This gym is the perfect family fitness center. They have babysitting, free group fitness

classes, free personal training sessions with every membership, Martial Arts, tanning, lockers and CLEAN showers. The best feature of this gym is its atmosphere. Everyone feels comfortable here; it is not your bodybuilding gym (we have a separate free-weight room) and it is not your "social" hangout. Platinum Gym is your family friendly gym, where you feel welcome every time you walk in the doors. The staff is very friendly and ready to help you achieve your goals.

If you have been in the gym before this summer, you must stop by again and see the difference. The gym is all new and improved. Better than that, the price is right for everyone. Platinum Gym wants to help you achieve a "Happier and Healthier You". Just walk through the doors to experience your new gym family and remember "Results Start When You Do".



\$10 per month and FREE T-shirt

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Holiday Special!**

Call us and we can help you start your New Year healthier
407.330.1203

Expiration Date: 12/31/07