

NEWS RELEASE
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SUFFOLK WELCOMES FITNESS CENTER TO DOWNTOWN

Dave's Fitness Coaching is open for business in Downtown Suffolk, providing 1-on-1 personal training and corrective exercise techniques. Owned and operated by David Immel, MS, this new studio will provide customers with tailor-made fitness and wellness training that will inspire, challenge and motivate the individual towards achieving their goals.

David Immel has a background in Exercise Science from the University of Wisconsin and a Masters Degree in Adult Fitness & Cardiac Rehabilitation, which enables him to optimize the training experience and "tweak" every aspect of fitness according to the needs of every individual. In conjunction with vigorous training and tailored corrective exercises, a wide variety of assessment tools are used including; movement analysis, posture correction, health history and lifestyle management.

"As the owner and sole employee, my only interest is properly serving my clients" said Dave Immel. "In addition, having a master's degree in exercise science and numerous certifications enables me to provide high-level training and coaching."

"I am happy to see Dave's Fitness Coaching locate in Downtown Suffolk. This new business not only compliments the City's ongoing revitalization efforts, but adds another quality of life option for our citizens" said Suffolk Mayor Linda Johnson.

Dave's Fitness Coaching is located at 153 W. Washington Street, Studio B (above the Red Thread Studio). Hours of operation are 6:00 a.m. – 6:00 p.m. Monday – Sunday, by appointment only. For further information contact Dave Immel at 757.706.6777 or email him at david.d.immel@gmail.com



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