

A Workout Where Everybody Knows Your Name

Looking for a new workout experience where you don't have to sign a contract or pay a monthly membership fee? Would you like to try your first Pilates class for free, without any obligation? Then check out Fusion Fitness, where the trainers know every client by first and last name.

Fusion has been open ten years and is one of the only full Pilates apparatus studios in the state of Florida. It offers private and group Pilates classes for all levels — from the most advanced professional athlete to the person with spinal herniation and knee replacements.

THE PILATES PROGRAM INCLUDES:

- Semi-Private Pilates Reformer Class
- Private Pilates Reformer Class (1 hour)
- Pilates for Wellness (30 minutes)
- Pilates Bar and Beyond Semi-Private Class

THE PERSONAL TRAINING PROGRAM INCLUDES:

- Private Personal Training (1 hour)
- Private Personal Training — FusionShock™ (30 minutes)
- Group FusionShock™ (30 minutes)
- TRX Semi-Private Class

In addition, Fusion offers pre- and post-natal programs.

No matter which program you choose, as a new client you can expect to receive special instruction to ensure proper alignment and technique.

THE TRAINERS

Fusion Fitness owner and director Ariel Hernandez prides himself on the high level of education and expertise of his trainers. All ten trainers started as clients. As their love for Pilates grew, so did their desire to teach. Hernandez personally chose every trainer based on their passion for wanting to be the best at what they do. They all hold Pilates and personal fitness certifications, as well as participate in ongoing extensive continuing education and workshops.

TAKING PRIDE IN HELPING OTHERS

One of Hernandez's most memorable clients includes a 50-year-old man who had severe arthritis, herniation and scoliosis, while also fighting degenerative bone disease and needing a double knee replacement. One year after beginning with Fusion Fitness, he is walking upright with no discomfort.

Another memorable client includes a man in his early 20s who was trying to get into West Point Academy and needed help with passing the school's strenuous physical fitness requirements. The client lost 60 pounds with the help of Fusion Fitness and was accepted to West Point.

Hernandez remembers a new mom with triplets, whose pregnancy took such a toll on her body that she could barely stand, much less go for a walk. One year after starting at Fusion Fitness, she is healthy and thinking about becoming a Pilates teacher.

TAKE THE NEXT STEP

Hernandez says the list of success stories goes on and on — his included. Formerly 250 pounds with a 42-inch waist, he knows firsthand how difficult it can be to stay motivated. So Hernandez believes not only can he teach his clients how to get healthy, but he can inspire them too.

"I feel so blessed and so incredibly proud of my studio and all my trainers and clients," Hernandez says. "I wish everyone could have a non-threatening, knowledgeable, fun place to go and feel better about themselves inside and out. We're a big family."

Fusion is an international Pilates education facility, and Hernandez is an international Pilates educator.

The world-class studio features the latest top-of-the-line fitness technology, from Cadillac and Reformer apparatus for Pilates exercises to resistance machines and free weights



Ariel Hernandez

for personal training. Trainers also provide TRX and Pilates Bar classes (Beyond Bar).

Fusion also plays a big part in its community by giving back the healthy way with free workshops and weekly fitness events.

Classes are priced competitively, with small, master-level group Pilates classes starting at \$24. Sessions do not expire and there are no additional fees.

Fusion Fitness is located at 1061 S. Sun Drive, Suite 1129, in Lake Mary. For more information, call 407-804-6005 or visit FusionFitnessUSA.com and ThePilatesGuy.net.

FOR MORE INFORMATION:
407-804-6005
FusionFitnessUSA.com • ThePilatesGuy.net

PHOTOGRAPHY PROVIDED BY ARIEL HERNANDEZ

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