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MAXFIT, Bergen County's #1 Spinning® Studio, Opens Cresskill Studio

MAXFIT To Host Free Classes January 11-15, 2012 To Celebrate Grand Opening

MAXFIT, Bergen County's #1 Spinning® studio, has opened its doors at 15 Broadway in the Horizon Square Mall with a lobby level space for its Spinning® studio and a personal training studio upstairs for private, group training and Pilates. An indoor cycling retreat for body and mind, MAXFIT draws cycling enthusiasts from all over Bergen and Southern Rockland counties. The studio has 30 specially designed spinning bikes.

To celebrate its new home, MAXFIT will host a January 11-15, 2012 grand opening celebration offering free spinning classes via online registration (visit www.maxfit.com) beginning Wednesday, January 11th at 6:00 PM through Sunday, January 15 at 9:15 AM.

"MAXFIT has long been Bergen's Spinning® pioneer. Spinning provides an intense, fun, low-impact cardio workout that burns as many as a 1,000 calories per class. Spinning® also builds leg strength and cardiovascular endurance. The energizing music and visualization in the classes helps to clear the mind and nourish the spirit. Classes are suitable for beginner through advanced skill levels since each cyclist works at their own pace," said co-owner, personal trainer and Spinning® coach Chris Miller.

"Our classes are intimate and offered in a pristine environment with state-of-the-art sound system and brand new spin bikes," added Miller. MAXFIT clients can pay for single classes (\$20) and/or purchase packages. MAXFIT's 5:55 AM Spinning® class is so popular that it is reserved months in advance, with wait lists weekly. MAXFIT's Spinning® classes are offered daily, evenings and weekends. "MAXFIT has several instructors, each with a different style,

personality and musical taste, bringing a different vibe to each class. We are known for our cheerful, friendly, family-like atmosphere, treating every visitor like a guest visiting in our home. MAXFIT is a place where everybody knows your name and there is a genuine warmth and camaraderie."

Chris Miller, certified NASM personal trainer for over 20 years and a certified SPIN® instructor for 12 years, teaches Spinning® and is available for private/group fitness training. Amy Miller, certified Pilates Mat and Reformer instructor and NASM certified Personal Trainer for 14 years, is available for private sessions on the reformer, as well as personal training.

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