



For Interviews, Hi-Res Images, Trial Classes,

More Information Contact:

Heidi Raker

Raker Goldstein & Co. 201-784-1818 201-681-5878

[heidi@rakergoldstein.com](mailto:heidi@rakergoldstein.com)

## **“Power Couple” Chris & Amy Miller’s Training of Bergen’s Fitness Elite**

Spinning® Classes and “Sweatworking” Spark Deals, Build Camaraderie



Amy (left) and Chris Miller (right),  
owners of MAXFIT Spinning® and fitness studio.

(Cresskill, NJ; January 11, 2012) While business networking often takes place in tony restaurants

and cocktail parties, MAXFIT, a Spinning® and fitness studio, reports its Spinning® classes are *the* place for Bergen's power brokers to connect and showcase brain and brawn while "sweatworking." "Power Couple" Chris and Amy Miller recently opened MAXFIT Spinning® studio in Cresskill after working out of area gyms for 15 years. Their studio has become northern New Jersey's hotbed of deal making, amidst sweat and pulsating music even before the sun has fully risen.

"Our 5:55AM weekday class is reserved months in advance and wait-listed weekly. It's where most of our clients network and we have seen doctors, lawyers, and interior designers grow their practices through this at MAXFIT," said Chris Miller, certified NASM personal trainer for over 20 years and a certified SPIN® instructor for 12 years. "Type A personalities drive our early morning Spinning® classes and because of the intimacy and team-approach that develops amongst our riders, relationships organically emerge. Like-minded people naturally want to work with each other."

MAXFIT has cultivated a cult-like following amongst fitness enthusiasts who attend any of the studio's multiple daily Spinning® classes. "Sweat and hard physical work are equalizers. When people feel successful with their workout routine and they start feeling better and empowered physical, there's often an outgrowth of that in their personal and professional lives," explained Mr. Miller. "It's enormously gratifying to see people take the warmth and positive feeling we work so hard to create here at MAXFIT and build on that themselves, using it amongst each other to their personal and professional benefit."

"In my experience, for people to succeed in a fitness regimen, they have to feel like they are part of something, something beyond themselves. MAXFIT has a family-like atmosphere that is serious about fitness, yet serious about having fun in the process," said co-owner Amy Miller. "We attract people who want a serious workout without any pretense. Clients tell us that their relationships with their co-riders in Spinning® classes are just as motivating and important to them as feeling and looking better, which are the natural results of working hard in the proper fitness routine."

MAXFIT, Bergen County's #1 Spinning® studio and a family-owned and operated facility, is located at 15 Broadway, Cresskill, NJ. Dedicated to giving back to the community it serves, MAXFIT is a generous donor to area non-profit organizations and hosts regular fundraisers. For Spinning® class descriptions, schedules and more information on personal and group training offered by Chris and Amy, [www.maxfit.com](http://www.maxfit.com). MAXFIT Spinning® clients can pay for single classes and/or purchase packages. To contact owners Chris and Amy Miller, please call (201) 399-7070.



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