

Boutique Fitness to Open in Downtown New Bedford



Mayor Jon Mitchell will join with Lara Harrington and Angela Corrieri-Johnson to celebrate the opening of Boutique Fitness, a unique personal training studio and the newest business to open in Downtown New Bedford. A ribbon-cutting ceremony is planned at the studio, located in a redesigned space at 516 Pleasant Street in New Bedford at 5:00 p.m. on Friday, February 24, 2012.

Everyone in attendance will be entered into a drawing for prizes. Prizes include No Problemo gift set, gift certificates to Brick and Celtic Coffee House, fitness accessories from Reebok, and more. Complimentary refreshments will be served and trainers Lara Harrington and Angela Corrieri-Johnson will be on-hand to answer questions, schedule consultations, and test body fat for those who are interested.

Boutique Fitness is Downtown New Bedford's only comprehensive fitness studio. In addition to their physical space, owners Lara Harrington and Angela Corrieri-Johnson, who are both certified personal trainers through International Sports Sciences Association (ISSA) and American College of Sports Medicine (ACSM), offer training and nutritional guidance via their website, www.boutiquefitnessnb.com, in the form of instructional videos, food journaling, and sharing of healthy recipes.

Boutique Fitness offers coaching based on inspiration, not intimidation, for individuals and small groups in 30 or 60 minute sessions. Individualized programs include weight-loss, general health and fitness, post rehab strengthening, sport specific, and pre & post natal coaching. For the Downtown nine-to-five person they also offer twenty minute lunch sessions, which can be scheduled between 11:30 and 1PM daily. Take the first step with Boutique Fitness and schedule a complimentary consultation and fitness assessment.

For more information about Boutique Fitness, please visit: <http://www.boutiquefitnessnb.com/>