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Full Spectrum Fitness Open House and Grand Re-Opening Celebrates with Healthy Offering of Free Fitness Classes

Loveland, Ohio — September is the time to fall back into routines, and Loveland residents have free opportunities to fall into a healthy one. **During the week of September 7th**, Full Spectrum Fitness, a Loveland-based private gym, is offering **free fitness classes** along with giveaways and a chance to win a grand prize fitness bundle package. Mike Shannon, owner of Full Spectrum is celebrating his fourth year of providing highly-specialized personal training, group fitness classes and nutrition counseling to clients of all ages and fitness levels. The gym, located in the Loveland Artist Studios at 529 Main Street is also hosting an **Open House on Saturday, September 12**, which will showcase recent improvements and additions to the gym in addition to a free class, lunch, ribbon cutting ceremony and fitness package drawing.

An author, award-winning body builder, personal trainer and certified instructor of many group fitness categories, Shannon has been in the business of helping to create healthy lifestyles and transformative results for thousands of clients over the past 20 years.

“The most gratifying thing about my line of work is changing my clients’ destinies. The impact of their fitness efforts provides strength, vitality and a healthier lifestyle” said Shannon. “My hope is that offering free fitness classes opens the door to change and possibilities for more people, and encourages them to make fitness and good nutrition a regular part of life.”

Shannon realizes some people need help getting started even before they enter the gym, and has authored an eBook to do just that. *The Three Steps to Your Best Body Now* is a free downloadable eBook is available at www.FullSpectrumFitness.com.

Saturday, September 12 Open House

10:00 – 11:00 Free Boot Camp Class followed by delicious nutrition samples
11:30 Grand Re-Opening Ribbon Cutting Ceremony with tour of new and improved gym facilities
12:00 Free Lunch, Nutrition Seminar and Fitness Consultations
1:00 Fitness Bundle Package Drawing – 4 pack of classes, 4 half hour personal training sessions, \$40 in nutritional supplements, a Full Spectrum Fitness-branded ¼ zip jacket, sports towel and water bottle. Enter the drawing during the week of September 5 at Full Spectrum Fitness or at supporting local Loveland businesses.

Full Spectrum Fitness owner Mike Shannon has been helping people reach their full fitness and wellness potential for the past 20 years. Full Spectrum Fitness is in a unique space in the Loveland Artist Studios on Main, and offers an urban style community vibe to its members, not typically found at a big box or chain fitness club. Shannon has built a creative gym and workout facility like no other in the region, and his client focus and programs are unmatched in terms of effectiveness. For more information, and client testimonials, visit <http://fullspectrumloveland.com/>.

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