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For more information, contact:

Matthew Hickey, Owner, CORE Fitness Studios

614.425.5016

matt@corestudiosonline.com

www.corestudiosonline.com

MTV's Made coach expands again—Spielman fund to benefit!

UPPER ARLINGTON—The Stefanie Spielman Fund for Breast Cancer Research is just one organization benefiting from the CORE Fitness Studios continued expansion of its personal training and nutrition services. This time, MTV's Made nutrition coach and CORE Fitness owner Matt Hickey is bringing his focus on fitness to Upper Arlington at 3231 Tremont Road—and at least one former Ohio State Buckeye football player from the BUCK-ICON Foundation will be at his grand opening with OSU memorabilia May 22nd from 10 a.m. to 2 p.m. to help him celebrate!

The grand event, which will be held in the Macy's parking lot on Tremont Road, is a family gala that will accept donations for the Stefanie Spielman fund. It will offer games, raffles, live music, food and art—and all of it in the spirit of highlighting the benefits of fitness and just why Hickey's training and nutrition methods get you the results you want.

Hickey's Upper Arlington location will continue his tradition of incorporating local artists' work into the aesthetics of his location. Hickey is keenly aware of the mind-body connection and how inspiring surroundings can help push the body to its limits. His head trainer and former Columbus Destroyers football player, Rusty Midlam, supports the artistic notion and always pushes his clients to their breaking point, making them stronger, faster and fit.

CORE Fitness Studios opened in 2004 and has quickly become the premiere choice for Central Ohio residents when it comes to their fitness goals. Specializing in personal training, Core Fitness also offers massage therapy, individualized meal plans, and group training along with a full retail and supplement line.

Doors to the new Core Fitness Studio location officially open on Saturday, May 1 and will serve residents who live and work in Upper Alrlington, Hilliard, Dublin, Grove City and Grandview. Members have access 24 hours a day and there are no long-term contracts. Personal training and massage sessions are by appointment and are either ½ hour or 1 hour in length. Additional locations are in Downtown Columbus and through the Anytime Fitness in Lewis Center.