

# SOLON BUSINESS SPOTLIGHT



**F-45 Training Solon**  
33760 Bainbridge Rd  
[f45training.com/solon/home](http://f45training.com/solon/home)



**Ellye Marks,**  
Owner



**F45 OPENING JULY 17!**

## ***Why did you choose to locate in Solon?***

Solon is a great city with a lot of health-minded people! We know a lot of the people in the city love to be active and we think F45 will be a great fit. F45 will help people get out of their comfort zones and see what they are capable of and truly change for the better!

## ***What services will you provide your customers?***

F45 offers premium team-based functional group training in a boutique studio environment. The combination of interval, cardiovascular and strength training we offer is proven to be the most effective workout method for burning fat and building lean muscle. All done in 45 minutes!

## ***What will set you apart from other training facilities?***

The classes are 45-minute total body, high-calorie-burning workouts that are never the repeated.

The technology sets F45 apart from other training facilities. Our workouts are scale-able for all fitness levels and are suitable for all ages. The trainers are extremely knowledgeable, high energy and super motivating, and they all truly invest in the health and wellness of our members.

Come in and check it out to see what we are talking about!

## ***What else would you like the residents of Solon to know about your business?***

We are so excited to join the Solon community and bring group training like you've never seen before!



Want to spotlight your local business? Contact [sbell@solonohio.org](mailto:sbell@solonohio.org)