

**NEWS RELEASE**  
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## **BURNfit Athletics Training Facility Opens in Suffolk**

SUFFOLK, Virginia (March 13, 2015) – BURNfit Athletics, located at 1984 Northgate Commerce Parkway, is set to officially open on March 14<sup>th</sup>. To celebrate, they are holding a Ribbon Cutting – Grand Opening ceremony at 10:30 a.m. Mayor Linda T. Johnson will be on hand for the event. Open House activities are scheduled from 10 a.m. to 2 p.m. that same day.

BURNfit Athletics is a 12,000 SF state-of-the-art exercise and training facility. Classes include cardio, high or low intensity, kettle balls, nutritional, endurance and strength training. Specially designed ropes, wall climbs and hurdles make up an indoor obstacle training course. There is also a regulation-sized indoor soccer field, 4,000 SF devoted to mat training and a spin room. Training camps for youth and adults will be ongoing.

General Manager Nick Eremita has been sharing his knowledge of health and fitness with clients in the Hampton Roads area for many years. “We are so excited to show the community the benefits of exercise and to impact the way people work out and train to help them build physical and mental strength.”

“We are happy to welcome the opening of BURNfit Athletics and we celebrate their mission of physical fitness and overall wellness in our community,” said Suffolk Mayor Linda T. Johnson.

See [www.burnfitathletics.com](http://www.burnfitathletics.com) to view the schedule which varies daily. Pricing depends on type of membership plan. For more information, call 757.880.4358 or visit them on facebook.



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