

Shape Up Fitness Opens State-of-the-Art Fitness Studio in Hampton, VA, Celebrating 10+ Years of Success



Hampton, Virginia Jun 3, 2023 ([Issuewire.com](https://www.issuewire.com)) - Shape Up Fitness, a leading provider of women's only fitness services, is thrilled to announce the grand opening of its brand-new fitness studio in Hampton, Virginia. This exciting expansion comes as Shape Up Fitness proudly celebrates over 10 years of service to the community, empowering women to achieve their health and wellness goals.

Located at 1006 Settlers Landing Rd Suite N. Hampton, VA 23669, the new fitness studio features a state-of-the-art facility equipped with cutting-edge fitness equipment, modern amenities, and a team committed to delivering exceptional fitness experiences. With a mission to inspire and transform women's lives through fitness, Shape Up Fitness aims to provide an inviting and supportive environment for women of all fitness levels.

The grand opening of the Hampton studio represents a significant milestone for Shape Up Fitness, as it solidifies the company's commitment to serving women in the local community. This expansion also further extends its reach and impact in the fitness industry.

"We are thrilled to unveil our new studio in Hampton," said Sherry Williams, Owner of Shape Up Fitness. "We believe that fitness is a lifelong journey, and our goal is to create an inclusive space where women can achieve their fitness goals while enjoying the process. We are excited to welcome the Hampton community and guide them on their path to a healthier and happier lifestyle."

The fitness studio offers a wide range of fitness programs and classes tailored to suit various interests and fitness levels of women. From high-intensity interval training (HIIT) and bootcamp classes to independent workout sessions, Shape Up Fitness aims to provide a diverse selection of workouts to keep members engaged and motivated on their fitness journeys.

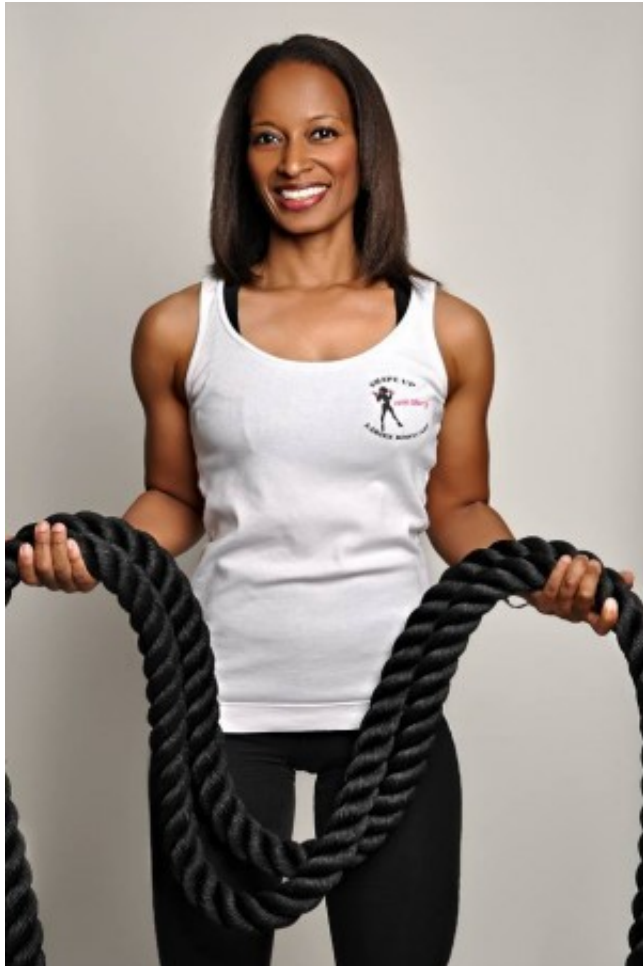
In addition to its innovative fitness offerings, Shape Up Fitness places great emphasis on delivering exceptional customer service. Members can expect personalized attention from certified trainers who are passionate about helping individuals achieve their fitness goals. The studio also offers flexible membership options to accommodate busy schedules and varying preferences.

To celebrate the grand opening of the Hampton fitness studio, Shape Up Fitness will be hosting an exclusive launch event on Sunday, June 4, 2023, at 1006 Settlers Landing Rd Suite N. Hampton, VA 23669 at 1:00 pm. Attendees can look forward to a ribbon cutting, reception, and tour of the state-of-the-art facility. This event will be an excellent opportunity for the community to get a firsthand glimpse of the studio's offerings and meet the dedicated team behind Shape Up Fitness.

For more information about Shape Up Fitness and its new fitness studio in Hampton, please visit www.shapeupwithsherry.com. Follow Shape Up Fitness on Facebook and Instagram (@ms_shapeup) to stay updated on news, promotions, and fitness tips.

About Shape Up Fitness: Shape Up With Sherry is a leading provider of fitness services dedicated to helping women achieve their health and wellness goals. Shape Up Fitness offers a state-of-the-art facility with expert trainers, and a wide range of fitness programs for women to suit various interests and fitness levels.

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