

Vadim Fitness Studio, Ltd. To Offer Boot Camp Program For Westchester County Residents

Vadim Fitness Studio will offer a complete season of Boot Camp training to all county, and nearby Bronx residents. A portion of total profits will be donated to the high school and its' programs.

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VADIM FITNESS STUDIO, LTD. TO OFFER BOOT CAMP PROGRAM FOR WESTCHESTER COUNTY RESIDENTS

A Portion of the Proceeds To Be Donated To Our Lady of Good Counsel Academy in White Plains

Scarsdale, N.Y. (May 20, 2009) — Vadim Fitness Studio, Ltd. (www.vadimstudio.com) has announced a unique partnership with Our Lady of Good Counsel Academy High School (www.goodcounselacademyhs.org) in White Plains. Committed to better health and fitness in Westchester, Vadim Fitness Studio will offer a complete season of Boot Camp training to all county, and nearby Bronx residents. A portion of total profits will be donated to the high school and its' programs.

“Every day we help our clients lose weight, get in shape, and conquer challenging fitness programs. This exciting new partnership will allow us to help both the community at large and give back to a worthy cause,” says Vadim Vilensky, Exercise Physiologist and owner of Vadim Fitness Studio, located in Scarsdale.

The Boot Camp program, which runs six days a week, will be held on the front lawn or in the school's gym when it rains. The one-hour format incorporates cardio, endurance, strength training, and balance with a focus on correct form, safety, and personal attention. After the warm-up, two unique interval circuits are introduced. The fast-paced circuits, which include 6 to 8 different highly-specialized exercises ensure concentration and variety and give clients a total body workout. Utilizing several types of equipment such as elastic bands, kettlebells, balance discs, and hurdles, the program focuses on endurance, strength, balance, agility, and coordination. A cool-down concludes the heart-pumping hour.

“This is a wonderful way to promote physical fitness in our community and we appreciate the support Vadim Fitness Studio is giving us,” says Sister Kristin Donworth, a member of the Leadership Committee at Good Counsel Academy.

The Boot Camp program runs Mondays through Fridays at 6:30am and Saturdays at 8am. There are flexible 2-, 3-, or 5- day options with a 4-week commitment or a “pay as you go” plan.

About Vadim Vilensky and Vadim Fitness Studio, Ltd.

With more than 15 years experience, Vadim Vilensky is an Exercise Physiologist with a Bachelor's degree in Exercise Physiology and a Masters in Cardiac Rehabilitation and Exercise Science. Vilensky holds certifications with NSCA, ACSM and the USA Weightlifting Federation. In Scarsdale for more than eight years, Vadim Fitness Studio, Ltd. offers highly-specific programs targeted to individual needs, from amateurs to athletes, and clients of every age and ability. Their scientifically-based weight management, massage therapy, and rehabilitation offerings are what set Vadim Fitness Studio apart from other facilities in the area.

About Our Lady of Good Counsel Academy

The Academy of Our Lady of Good Counsel is a Catholic, four year, college preparatory high school

exclusively for girls. With a diverse student body, young women benefit from the stellar academic programs, athletic teams, extra-curricular activities, international travel programs, and volunteer opportunities. Good Counsel was honored by the United States Department of Education for its "outstanding progress in excellence in education."

Interviews and images are available upon request.

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