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GAINESVILLE HEALTH & FITNESS ANNOUNCES RENOVATED WOMEN'S CENTER FEATURING THE LARGEST QUEENAX STUDIO IN THE U.S.

GAINESVILLE, FLA 10/24/16 After investing more than \$1 million for renovations to its Women's Center, [Gainesville Health & Fitness](#) has announced that the facility will reopen on Nov. 2, as [GHFWomen](#), an ultra-modern fitness center and the only center in Gainesville exclusively for women. GHFWomen features the industry's most innovative programs including StudioQ - the largest [Queenax](#) system in the US - along with an array of offerings from small group training classes to barre, yoga, Zumba and more, all facilitated by a female-only staff.

Designed and manufactured in Italy, Queenax is like a jungle gym for adults. The functional and suspended body weight system builds endurance while targeting every major muscle group for optimal results. Ever-changing attachments and circuits create more than 200 unique workouts to keep it fun and motivating. Certified trainers will lead small group training in StudioQ including signature programs like Q Barre, Q Sculpt and Q Circuit.

The Women's Center renovation is part of a multi-year \$8 million investment in Gainesville Health & Fitness facilities. "Our core purpose is to create an experience that helps people get the most out of life and inspires them to become their best," says Gainesville Health & Fitness Founder and CEO Joe Cirulli. "As an organization we must set the example by being our best, which is why we seek out industry-leading programs like Queenax, and why we continually enhance our facilities and services."

In addition to the build out of Queenax and StudioQ, everything from floor to ceiling in the 14,000 square foot center has been completely renovated including locker rooms, showers, sauna, steam room, whirlpool and Kid's Club.

"We recognize that women relish the time they can be their authentic selves and the strength they can draw from the support and fellowship of other women," said Wendy Ackerman,

GHFWomen general manager. "We have created a spa-like haven where every woman can grow stronger in body, in mind, in spirit, and in community with other women."

About Gainesville Health & Fitness

Founded by [Joe Cirulli](#) in 1978, Gainesville Health & Fitness has become one of the most respected fitness providers in the industry, serving more than 26,000 members. The company employs more than 400 people in three facilities: the 78,000 square foot Main Center at 4820 Newberry Road; the 25,000 square foot Tioga Center in Newberry, Fla; and, the 14,000 square foot GHFWomen Center in Thornebrook Village.

October marks 43 years since Cirulli moved to Gainesville and began his career, forever changing the fitness industry in Gainesville and throughout the world. Cirulli and his company have earned numerous [awards](#) and accolades, most notably being named one of the "25 Best Small Companies in America" by Forbes Magazine in 2016.

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Editor's Note:

GHFWomen members, guests and members of the media are invited to get a sneak peek at a Grand Re-Opening celebration on Nov. 1, from 5-8 p.m. at GHFWomen, located in Thornebrook Village, 2441 NW 43rd St. The evening will include food, entertainment, tours, demonstrations and prizes.