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## Get A Full-Body Workout With BelaBody

BelaBody Fitness in Wellington has teamed up with Fizogen Xtreme Couture Mixed Martial Arts Training Center to offer unique fitness services to the community. Bela Santos, a passionate veteran in the fitness industry, has created this program sure to meet the needs of individuals of all fitness levels. Santos' philosophy and style is hands-on, thorough and personalized, educating students on the importance of the mind-body connection for effective training, helping them ultimately succeed in living an optimal life and achieving their health and fitness goals.



An inside shot of the Fizogen Xtreme Couture MMA Training Center in Wellington.

In April 2009, Santos moved from Boston to the West Palm Beach area, continuing her passion for fitness and health education in Florida. She is a teacher at heart and a positive fitness role model who brings forth a lot of life experience. Her passionate energy and enthusiasm is contagious. Santos is an American College of Sports Medicine-certified personal trainer, national-level Fitness America competitor, MMA events spokesmodel and personal fitness chef.

BelaBody Fitness has pushed the creative limits with the design and instruction of classes teaming up with the highly recognized MMA sports world. This specialized fitness program focuses on all aspects of training in a new, edgy, intense environment.

The program promotes discipline in training and the importance of the mind-body connection in all training activities. The training environment has an edge, appealing to students who are serious about efficient, quality training and instruction. Santos assures that with limited equipment, variety in training techniques and expert instruction, students are guaranteed to get into incredible shape inside and out. The program covers all aspects of fitness, from flexibility to cardiovascular conditioning and strength training. The following is the unique blend of classes offered in the program:

- **BelaBody BASIX** — This eclectic 75-minute class will work your total body by teaching you alignment-focused movement patterns using traditional strength work enhanced with body-weight exercises, yoga-style postures and core training techniques. Students will develop strength, flexibility, balance, coordination and better posture. It is highly encouraged for athletes of all types and fitness enthusiasts.
- **KickinBODY** — This is a 60-minute MMA/kickboxing circuit and conditioning class. Students are sure to get in "die-hard" shape with this high-intensity fat-burning class.
- **BODYworks** — This 60-minute strength class will increase your lean muscle mass and sculpt your entire body with limited use of equipment.

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  - Wave U-9 Boys Win Shootout
  - New Karate School Opens In RPB



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Free weights, body-work exercises and proper instruction guarantees results. This class is pre-booked to five students maximum to ensure quality, individualized attention and equipment availability.

All first-time BelaBody Fitness students receive one free class. The membership prices include unlimited access to program classes and a gym facility membership with no contract commitment period.

Fizogen Xtreme Couture MMA Training Center is 7,500 square feet, complete with an MMA Octagon Cage/Rink, fenced matted grappling areas, advanced strength and conditioning equipment, and the best trainers in the world for elite mixed martial arts.

Fizogen has a full-time staff of trainers who come from all parts of the world, specializing in the major fighting disciplines, including Gracie Barra Brazilian jiu-jitsu, muay thai, boxing, wrestling, kickboxing and MMA. Fizogen also has a part-time staff consisting of some of the biggest names in the fight game, including Randy Couture, Wanderlei Silva, Mike Pyle and many more. The clean, organized, co-ed training facility is equipped with amenities such as a student check-in area, retail pro shop, juice bar, towel service and fully equipped locker rooms and showers.

The training facility is located in Wellington Commerce Park at 3133 Fortune Way, Suite 21 (behind Wellington Auto Service). To learn more about each of the programs offered, call (561) 333-2096 or visit [www.belabodyfitness.com](http://www.belabodyfitness.com). Learn more about the facility at [www.fizogen-couture.com](http://www.fizogen-couture.com).

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