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For Immediate Release:

VIE: FITNESS & SPA EXPANDS IN DOWNTOWN ANN ARBOR

Vie: Fitness & Spa is doubling its size at 209 S. Ashley in downtown Ann Arbor. The additional space will allow for a greater variety of fitness classes, increased privacy for personal training clients, additional Spinning bikes, private Pilates instruction, a raw juice and smoothie bar, and additional spa services including facials, waxing and expanded massage, manicure and pedicure facilities. The expanded facility is scheduled to open at the beginning of December.

Vie: Fitness & Spa is a non-membership fitness studio and day spa located in the heart of downtown Ann Arbor. All services are a la carte—clients pay only for the services they want when they want them. *Vie* opened its doors in the summer of 2004, and the expansion brings the facility in line with the original vision of founder, Heather Dupuis. “*Vie* strives to serve the Ann Arbor community as a center of balanced, healthy, living that is positioned between small boutique fitness studios and large fitness clubs. *Vie*’s staffing, breadth of offerings, and architectural design differentiates it from small boutique studios, while the intimacy, highly-personalized customer service, absence of any initiation or membership fees, and downtown location, differentiate it from large fitness clubs,” says Dupuis.

In addition to personal training, fitness classes, spa services, and the raw juice bar and lounge, *Vie* offers retail products including lululemon® active wear, Pure Fiji® skincare products, Illume® candles, and premium organic energy bars. Additional information including pricing and class schedules is available at www.viefit.com.

For inquiries, please contact Heather Dupuis, Owner, *Vie: Fitness & Spa* at (734) 323-5182.