

For Immediate Release  
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**!INNER ME**  
F I T N E S S



**INNER ME STUDIOS CELEBRATES THEIR GRAND OPENING ON**  
**FEBRUARY 27 WITH OPEN HOUSE BENEFITING**  
**SOLES4SOULS: PROJECT HAITI**

Houston's first studio to specialize solely in creative fitness invites the public to witness live demonstrations of a different approach to exercise while helping Haiti

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(dateline – Houston, February 2010; source: Juice Consulting LLC) – Houston's newest and hottest boutique fitness experience, **Inner Me Studios**, celebrates its grand opening with an **Open House** at their state-of-the-art studio benefiting **Soles4Souls: Project Haiti** on **Saturday, February 27, 2010** from **3 p.m. until 6 p.m.** **Inner Me Studios** is located at **617 Richmond Avenue** in the heart of Midtown.

The open house welcomes the public and will feature demonstrations every half hour of the dynamic and unique classes that make the Inner Me experience one-of-a-kind. Classes include **Pole Dancing Aerobics, Hip Hop Yoga, Pi-yo-let, Urban Kickboxing, African Dance, Belly Dancing, and Stiletto Fit.** Guests will enjoy treats from **Bowl Café**, sounds from **Elroy Boogie**, and chances to win **FREE CLASSES.** Guests are asked to bring a pair of lightly worn athletic sneakers to donate to **Soles4Souls: Project Haiti.**

Located in the heart of Midtown near the Museum District, Inner Me Studios opened its doors in October of 2009. It thrives in a vibrant community of businesses including Bowl Café, Absinthe Bar, and Two Day Postcards.

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**About Inner Me Studios:**

Inner Me Studio's mission is to create a boutique fitness community where members have all the necessary tools to reach their fitness goals in a relaxing, friendly environment. Guided by a carefully chosen team of qualified and motivating instructors, members feel free to be themselves, to explore their inner desires and to reach their personal goals through entertaining yet efficient workouts.

**About the Owner:**

Nicole Phillips, formerly a private equity associate, is the owner of Inner Me Studios as well as an instructor. Ms. Phillips' life long love of dance and fitness led her to study pole dancing for fitness in Philadelphia, PA. She was immediately hooked. A Houston native, she knew that the city was ready for the kind of hip, uninhibited fun and exercise that classes like Pole Dancing, Hip Hop Yoga, and Pi-yo-let offered. And for the first time, Houston would have all of them under one roof – a complete one stop to the body you want. Ms. Phillips is an active youth volunteer, relentless fashionista, and is happy to be back home in Houston.

**About Soles4Souls: Project Haiti:**

Soles4Souls is a Nashville-based charity that collects shoes to distribute, free of charge, to people in need around the world. In support of Soles4Souls: Project Haiti's commitment to collect 1 million pairs of shoes for distribution in Haiti, Inner Me Studios is thrilled to be part of such a worthy cause. For more information, please see [www.giveshoes.org](http://www.giveshoes.org).

**Class Descriptions:**

**Pole Dancing Aerobics**

Members receive a total body workout in this class where the emphasis is on building your upper body strength and core. The majority of the class is spent on the pole learning moves, inverts, and floor work. Each class is designed for all levels, allowing members to make their own schedule, meet other members and participate as often as they wish.

**Stiletto Fit**

This is Inner Me Studios' hip hop tribute dance to the best divas, music, and choreography out there, and it's all in this fun filled cardio workout. Members learn to 'pop and shake it' to Beyonce, Ciara, Britney and more. Members practice the routine in their sneakers, and then perform it in their stilettos!

**Urban Kickboxing**

Inner Me Studio's version of Tae-Bo and Cardio Kickboxing with a funky twist. This fun and intense class will whip you into shape and actually have members wanting more. Members return every week just to see if they can ever survive a full class without stopping.

**Belly Dancing**

This fun and low impact workout tones members' abdominal muscles and arms and improves their overall flexibility.

**PI-YO-LET (Pilates, Yoga, Ballet)**

This class will not only teaches members how to strengthen and stretch their bodies, but how to tone their core, lengthen the muscles in their limbs, and relax and refresh your body and mind.

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**For media inquiries or to RSVP for the February 27 open house**, please contact Heather Wagner at 713 208 3891 or [heather@juiceconsulting.net](mailto:heather@juiceconsulting.net)

**For more information about Inner Me Studios:** Please visit: [www.innermestudios.com](http://www.innermestudios.com) or call 713 533 1455.