

**OWEN HENRY
MAYOR**



**HIMANSHU R. SHAH
BUSINESS ADMINISTRATOR**

TOWNSHIP OF OLD BRIDGE

**FOR IMMEDIATE RELEASE
March 27, 2019**

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TRAIN LIKE A STAR AT OLD BRIDGE'S STARS BODY STUDIO

Old Bridge Township, NJ – Old Bridge Mayor, Owen Henry, Economic Development Officer, Steve Mamakas, and Stars Body Studio Owner, Gina Rosi and her management team were on hand for the grand opening of Stars Body Studio on Friday, March 22, 2019.

The new local, *Stars Body Studio*, located at 22 Old Matawan Road, is introducing several ways to improve your health and all around well-being. They offer a variety of classes such as Aerial Fitness, Yoga, Pilates and Barre. Though they strongly encourage you to visit the studio for its full benefits, Stars Body Studio offers other convenient options to improve your health right in your home through in-home personal training or live online training.

“With the Mayor’s Health & Wellness campaign, we try to encourage our residents to incorporate healthy activities into their daily routine. Stars Body Studio has put a whole new fun, creative spin on working out, and I’m delighted they have opened their doors up here in Old Bridge,” stated Mayor Henry. “People of all ages can find inactive ways to exercise and have a great time doing so.”

Stars Body takes training outside of the studio through their outdoor yoga sessions, paddleboard yoga, river trips and retreats to get away and unwind and come back feeling brand new!

For more information on this press release, please contact the Mayor’s Office (732) 721-5600 ext.2040.

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