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FOR IMMEDIATE RELEASE

State of Fitness Opens in East Lansing

*New Gym Offers
Cutting Edge Equipment,
Creates 11 Local Jobs*

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EAST LANSING-----East Lansing just got a little stronger.

Co-owners and long-time Lansingites Justin Grinnell and Rebecca Klinger are bringing quality trainers, cutting edge equipment and their own years of experience to their newly opened gym, State of Fitness.

“We founded our gym with the guiding principle of empowering us as trainers to better help our clients and members achieve their best state of fitness,” Grinnell said. “We offer only the best — in our trainers and our equipment — to help you reach your goals and have a positive workout experience.”

State of Fitness offers cutting edge workout equipment and beautiful locker rooms with full amenities. The gym offers both personal and group training sessions, including strength conditioning, zumba and yoga.

In addition to Grinnell and Klinger, the gym has create 11 new jobs for East Lansing, including six trainers, three massage therapists, an operations director and a member services director. All State of Fitness trainers must have degrees as Certified Personal Trainers.

Grinnell was born in Lansing and has lived here his whole life. He attended Michigan State University, where he earned his bachelor’s degree in kinesiology and interned with the strength and conditioning department and worked with Division I athletes. He is a certified personal trainer through the National Academy of Sport Medicine (NASM and the International Sports Sciences Association (ISSA). He is also a certified strength and conditioning specialist (CSCS) through the National Strength and Conditioning Association. Grinnell specializes in training for athletes from youth to professional. He especially loves to work with high school athletes to prepare for upcoming sports seasons. He has helped several of his young athletes proceed to college and professional level play.

Klinger acquired her bachelor’s degree in exercise and health science from Alma College and her master’s in kinesiology from Michigan State University. She also earned her level two certification as a golf fitness instructor from Titleist Performance Institute and is currently enrolled in the Gray Institute of Functional Transformation (GIFT) program. As a certified athletic trainer and personal trainer, Klinger uses her education and experience to take a comprehensive approach to each individual’s fitness based on age and fitness level to create an individualized program that integrates fitness, nutrition and massage therapy.

Photos of Grinnell and Klinger are attached.

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