

[TROUBLE VIEWING?](#) Click Here to view the Promo card on the web

[SIGN-UP NOW!](#) [SIGN-UP NOW!](#) Click to become a Member for Free!



Stars of PR Archives Available

**October 11th 2012: Getting Bored With Your Workouts?
Change it up!**

The fitness business is extremely competitive—but every great trainer agrees that you have to concentrate on form—and change up your program. Many injuries take place due to repetitive motion without proper strength training, bad form and inadequate stretching. Michelle Shilling, owner of Fitness Movement in Westlake Village knows this and opened a gym that pays attention to these challenges. Personal attention is provided because the classes are intentionally small with lots of fun equipment. Pilates, Indoor Cycling, Core Barre, TRX suspension training, RIP Trainers, Yoga and Fascial (dee

[Read more](#)



Tune in

Archives Available on VoiceAmerica
Variety Channel

EPISODE ON DEMAND

VIEW HOST PAGE

Share This Episode



Connect with VoiceAmerica

Download our mobile apps

