



**News Release**

**Tuesday, February 21, 2011**

**For Immediate Release**

***Pursue a Healthy Living Lifestyle in Old Town Rock Hill***  
*Growing business leads to new, personal training studio*

**ROCK HILL** – Troy Harris has been working as a personal trainer for the past six years. He had clients through his job at the YMCA, and he also worked with people in their homes or workplaces. As his business grew, Harris decided to provide services from his own studio, which is now located at 109 Caldwell Street in Old Town Rock Hill. The grand opening celebration for Get Fit with Troy will be held on February 22 from 4:30pm to 7pm.

During the celebration, the public will be able to observe workouts, enjoy refreshments, and win giveaways and drawings. All who attend will get a chance to win 8, 30-minute sessions or 12, one-hour sessions. While admission to the celebration is free donations will be accepted for St. Jude Children’s Research Hospital.

Harris is passionate about helping people of all ages and experience levels. He incorporates elements of yoga, pilates, kickboxing, weight training, and other exercises into each workout, tailoring to each client’s individual needs. Longtime client, Toy Rhea of Gala Affairs Party Rentals said, “Troy challenges me to meet my personal goals and is willing to accommodate my schedule by having 5:45 am sessions.”

Get Fit with Troy is located at 109 Caldwell Street, a connecting street between East Main and East White Streets. All sessions, for both individuals and corporate groups, are by appointment only. For more information, call 803-493-5536 or visit the website: [www.getfitwithtroy.com](http://www.getfitwithtroy.com). For more information on economic development opportunities in Old Town Rock Hill, visit [www.rockhillusa.com](http://www.rockhillusa.com).

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