



## OPERA TOWER RESIDENTS INTRODUCED TO POWERFIT STUDIOS AT FITNESS SOIREE

MIAMI, FL (June 1, 2009)-- Fitness Guru Shirlee Fernandez and the PowerFit Studios Private Fitness Training Team recently hosted a health and fitness-themed launch event to introduce residents of Opera Tower to the new gym and wellness center that provides a wide variety of fitness classes and a host of wellness/anti-aging solutions. Residents of Miami's new mixed-use 635-unit condominium developed by Florida East Coast Realty, toured the facility and enjoyed energy drinks, smoothies, salads, sushi and other healthy delights.

A Brazilian Swimwear fashion show and health and wellness-related vendors showcasing the latest sportswear fashions, jewelry and skincare products added to the evening's festivities. Tracy Mourning, founder of the Honey Shine Foundation, made a special guest appearance at the event where a generous portion of the proceeds benefitted her charity.

Founded by Tracy Wilson Mourning, the Honey Shine Mentoring Program's mission is to develop, and nurture the mind, body, and soul of young women, by providing experiences that enlighten and create balance in their lives. Honey Shine, a program of Alonzo Mourning Charities, holds bi-monthly workshops, fieldtrips, and a three-week summer camp each year.

PowerFit Studios @ OPERA Tower is a full-service private training facility specializing in comprehensive fitness, wellness and anti-aging solutions for modern men and women. Touting over a decade of practical experience, Founder, Owner and Fitness Guru Shirlee Fernandez is an accomplished personal trainer and wellness professional, priding herself and her training staff on providing intelligent physical and supplemental options for maintaining strength, weight reduction, flexibility, anti-aging and overall wellness.

Opera Tower is located at 1750 N. Bayshore Dr. in the Miami Arts District. Rising 60 stories above Biscayne Bay, the mixed-use development features condominium residences, ground-floor commercial space, furnished/unfurnished corporate apartments, unfurnished units for rent, and hotel suites. All units are available for immediate occupancy. For more information on Opera Tower, call 305.503.1000 or visit [www.operatower.com](http://www.operatower.com).