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05/21/09 - PowerFit Studios Relocates to Opera Tower

**MIAMI, FL** - Florida East Coast Realty (FECR), developers of the 635-unit Opera Tower, announced that Professional Fitness, Wellness, and Nutrition Guru Shirlee Fernandez and her PowerFit Studios fitness team will be making the Opera Tower fitness center their new home.

Bringing a wealth of experience and knowledge, including specialized one-on-one fitness training, nutrition, wellness and anti-aging options, Shirlee and her fitness team will meticulously manage the facility as well as the fitness schedule/offerings.

As part of the PowerFit Studios programs, two Power Plate machines will introduce a new dimension in wellness solutions for all ages, lifestyles and physical abilities.

With results seen after as few as three 15-minute sessions per week, Acceleration Training on Power Plate equipment provides a host of essential benefits ranging from an immediate improvement in blood circulation, increased muscle strength and flexibility, decreased cellulite, improved range of motion, improved sleep patterns, increased bone mineral density, reduced pain and soreness and much faster recovery.

Other fitness options will include unlimited aerobics for a nominal fee and access to some of the best anti-aging regimens, supplements and wellness products available today. New services coming soon include: personal, specialized fitness training, massage services, Pilates, Yoga, aerobics, towel service, and FREE Rock-Hard Abs Class once per week.

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.

**About FECR:** FECR was founded 55 years ago by Tibor Hollo and has since built over 55 million square feet of landmark residential, commercial, industrial, and governmental properties and marinas. FECR is currently developing Villa Majorca, a boutique condominium in Coral Gables and Sonesta Mikado Miami, a mixed-use project with a hotel component to be managed by Sonesta. Mikado is the final phase of FECR's 20-year development of the Omni/Venetia area, with Opera Tower the latest addition. In the planning stages are Tropicana Center, an office condominium in St. Petersburg, and One Bayfront Plaza, set to be a signature landmark in downtown Miami.

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