



POWER TO THE TOWER

>> Professional fitness, wellness and nutrition guru Shirlee Fernandez and her PowerFit Studios fitness team are making the Opera Tower fitness center their new home. The facility offers acceleration training on Power Plate equipment, aerobics, anti-aging regiments, supplements and wellness products. Soon to be added: personal, specialized fitness training, massage services, Pilates, yoga, aerobics, towel service, and a free once-a-week Rock-Hard Abs class.

Opera Tower is located at 1750 N. Bayshore Dr. in Miami's Arts District. The mixed-use development features condominium residences, ground-floor commercial space, corporate apartments, rental units and hotel suites available for immediate occupancy. Call 305-503-1000 or visit operatower.com.