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FOR IMMEDIATE RELEASE

The Ranch Fitness Center & Spa

OCALA, FLA. – The Ranch Fitness Center & Spa at Circle Square Commons provides state-of-the-art cardiovascular and strength training workouts, spa and salon treatments, and an indoor heated therapy pool.

The Ranch offers flexible monthly memberships with no annual contract for individuals and couples. Membership is open to the public, and corporate memberships are available. The Ranch is open seven days a week.

The fitness center is equipped with free-weights, as well as expansive cardiovascular and circuit-training equipment on which certified personal trainers provide private one-on-one and partner training. New members receive a complimentary fitness assessment test and instruction on the proper use of equipment ... all as part of an introduction to The Ranch's *Personal Wellness Journey* program.

Group classes in yoga, pilates, step aerobics, body sculpting, ZUMBA® and other dance and traditional aerobic classes are offered in The Ranch's 1,200-square-foot fitness studio. Group classes also are offered in the 40-by-40-foot indoor, heated therapy pool.

In the spa, qualified therapists offer a full menu of massage therapies, ranging from

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classic Swedish to equestrian athlete, deep tissue, reflexology and mother-to-be massages, among other signature treatments.

Other spa services include body and skin-care treatments and surface peels. Hair and nail services also are available.

The spa features five treatment rooms, in addition to private men's and women's Whisper Lounges, saunas, steam rooms and locker rooms, complemented with spa hair and skin products.

For additional information, call (352) 861-8180 or visit *TheRanchFitnessSpa.com*.