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FOR IMMEDIATE RELEASE

{Juno Beach}, August 4th, 2010 – Loggerhead Fitness is delighted to announce a FREE workshop for people suffering with sciatica, back, neck and shoulder pain with renowned flexibility and core specialist Cheryl Alker.

Alker, originally from the United Kingdom, has worked within the fitness industry for over 27 years, having run her own health Club, managed a British Governmental fitness-testing program, and lectured in the fitness industry across the UK.

For the past nine years, she has specialized in the niche area of flexibility and postural alignment.

Her program has been accredited by The American Council of Exercise, The National Association of Sports Medicine, The National Strength and Conditioning Association; and The Florida Physical Therapy Association.

Rick Opton, owner of Loggerhead Fitness, said, “I am still staggered by the instantaneous results Cheryl manages to achieve in such a short space of time. Anyone who is lucky enough to attend this workshop will be in for a real surprise, changes like these normally take months, seeing really is believing”.

The workshop is to be held at Loggerhead Fitness on August 14th at 2:30pm to 3:30pm. To reserve your place please call Cheryl on 561.889.3738 or email cherylalker@comcast.net. For more information about Loggerhead Fitness or Stretch Results go to www.loggerheadfitness.com or www.stretchresults.com.

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Loggerhead Fitness is located at 901 Donald Ross Road, Juno Beach, 33408
561.625.3011