

For Immediate Release
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1 Client 1 Trainer 1 Goal™

**Certified Fitness Professional Lars Rascovich Joins
Fitness Together in Palm Beach Gardens**

PALM BEACH GARDENS, Fla.- Fitness Together in Palm Beach Gardens is proud to announce that certified fitness professional Lars Rascovich is joining the team and bringing his knowledge and experience to their one-on-one fitness facility.

“Lars joining us gives our staff even more depth and knowledge,” said Chris Joyce, owner and Fitness Director at Fitness Together in Palm Beach Gardens. “Lars brings a lot of positive energy and professionalism, and we are extremely excited to have him as part of our team.”

Lars became a personal trainer while he was a Firefighter and EMT in Woodbridge, CT. Lars recalls, “While I was going through the training process of both careers, I decided my passion was to train people that really needed the help and most importantly to change their lives in a positive manner. It was a privilege serving on the Woodbridge Fire Department for ten years, leaving on good terms with the rank of Emergency Medical Technician and Lieutenant.”

With over 12 years of experience, Lars has earned certifications from the American Council of Exercise and the National Alliance for Fitness Professionals. In addition, he placed second in the Mr. West Palm Beach Body Building Contest two years in a row and received the honor of Personal Training Manager of the Year in 2001.

Fitness Together is a one-one personal training facility where each client has a routine designed specifically for their needs, to achieve all their goals and to feel and look their very best.

Fitness Together is located in PGA Commons at 5510 PGA BLVD, Suite201 in Palm Beach Gardens Fla. For more information call 561-253-8830 or visit www.ftgardens.com.

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