

PhatBurn Opens in Stamford, CT

If losing fat is your objective PhatBurn has a foolproof program available in Fairfield County.

WHITE PLAINS, NEW YORK (NY), UNITED STATES, July 28, 2016 /EINPresswire.com/ -- STAMFORD, Conn. - Aug. 8, 2016 -- On Thursday, July 29th, owner Paul Wintergerst and the team at PhatBurn opened their 2nd Phatburn studio in the heart of Stamford, CT. PhatBurn's flagship location resides in White Plains, NY. The newly renovated Stamford located directly across from Del Frisco's Grill on the corner of Bedford and Broad St., it's a great addition to downtown Stamford attracting people who want to get in shape and lose pounds of fat without having to step foot in a conventional gym.

With a wonderful turnout of 100+ people, Paul welcomed everyone and thanked his staff whole-heartedly for their help and dedication towards getting this new studio up and running. With studio space overlooking Bedford St., it's fully equipped with showers, lockers and beautiful bathrooms. The event consisted of a live DJ, food catered by iron tomato, raffle giveaways, trivia prizes, and a fitness competition consisting of 3 elimination rounds.

To build excitement and show newcomers that this is no ordinary workout, they held an intensive fitness competition to win a 10,000 worth of free memberships. PhatBurn programs include full nutrition guidance, structured workouts and access to a chef to prepare ones meals. Other raffles were held with nutrition trivia facts awarding 21 day trials to new participants. Led by co-founder Shawn Smith, the participants were doing 25lb weighted lunges, bur-pees, push-ups, rowing and more. There were 2 winners of the 6 month membership, Denise Goldstein and Danielle Falzone.

Chris Jackson will be the CT "Breakthrough Coordinator" for the Stamford location, which began offering daily classes Mon, Aug. 1st.

They offer 33 classes per week: 6am, 7:30am, 9:30am 5:15pm, 6:30pm and 7:45pm.

Come in to Phatburn or go to their website (phatburn.com) for more details on how to change your lifestyle and reach your fitness goals through personalized coaching, intense fat loss classes and chef prepared meals.

More info: Unlike gyms that leave you feeling lost, PhatBurn's structured regimen, custom meal plan and family-style coaching guarantee results.

<http://phatburn.com/>

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