

Retro Fitness Fairfield Owner Michael Marinaccio Has a Mission to Give Back

Fitness Leader Donates to Non-Profits & Offers Free Team Training Session For Staff of Local Businesses in New Jersey

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/EINPresswire.com/ -- For some people, a workout at the gym is a great way to get in shape or lose weight. But one fitness center in New Jersey is elevating what it means to be “fit”, and has a mission to give back to numerous non-profits while helping local residents and business owners realize their best self via a wellness program that impacts their life in a holistic way.

[Retro Fitness](#) Fairfield owner [Michael Marinaccio](#) always has a fundraiser planned, usually in honor of a member who struggled with a disease, died from heart issues, or has suffered from other issues. Some of the Retro Fitness Fairfield fundraisers have raised many thousands of dollars for worthy causes such as The American Heart Association, Alzheimer’s non-profits, Autism, Toys for Tots, and for women’s shelters in N.J.

“I decided to get into this business for many reasons, but at the forefront of my decision to own a large fitness center was always the idea that we are here to help our members and our community live a healthier life,” said Marinaccio. “That means we need to always give back, and support our local non-profits, while at the same time, keep our bodies as fit as possible in order to live a fuller, happier life.”



Michael Marinaccio, President & CEO of Retro Fitness Fairfield

This New Jersey fitness center is a sprawling 34,000 square feet with over 200 pieces of equipment

including 100 devoted solely for cardio. Other features include a large selection of free weights and select rise equipment; cable machines; a cardio movie theatre and a functional training room, NEO (New Exercise Order) perfect for teams and staff from businesses.

Another model program offered here is the B2B fitness idea local N.J. firms can participate in at the gym. Studies show that our brainpower is connected to our physical activity & helps your company's bottom line. Science has proven beyond a doubt that employees who exercise on a regular basis will not only be more focused and happy, but also save their companies substantial amounts of money. In Silicon Valley, the most successful companies in the world like Apple, Twitter, Google and others offer their employees perks including exercise programs. Now, right here in New Jersey, local fitness center Retro Fitness Fairfield announced they are launching a new program aimed at helping businesses grow and prosper while helping their employees enjoy the benefits of workouts. Employees who exercise enjoy health benefits not only at work but also at home. If you work out for at least 30 minutes, three times a week, you are 15 percent more likely to have a much higher job performance. With exercise comes better focus. Employees who are offered workouts and healthy activities by their employers are 18 percent more focused and engaged at work.

At the same time, businesses who offer their staff gym memberships see a 27 percent reduced rate of absenteeism, which saves money for their employers. With health care costs skyrocketing, saving on health care is one of the top ways businesses can impact their bottom line. At Retro Fitness Fairfield, The NEO Training room is designed for one-on-one personal training, with Strong for small group training and Team for large group training. It is also used for employee group fitness, which builds camaraderie, improves moral and gives everyone a sense of accomplishment as a TEAM.

The idea behind this free month of [Team Training](#) is the brainchild of Michael Marinaccio.

"We have such an amazing fitness center right in Fairfield, and time and time again, we see members who start out sluggish and unhappy with their health or appearance," said Marinaccio. "After a few months, it's like a magic button was pressed, because these same people are laughing at the gym, working out with a smile and looking plus feeling a lot better. I know from my own experience how exercise can make not just your muscles but your business stronger. This is a great way for local businesses to do something fantastic for their employees, and also for their bottom line. Most insurance companies pay back businesses when their staff participates in some kind of exercise program."

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