

Business Connection

Strengthening the local
economy and serving
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Business Spotlight



Fit Style is located at the corner of Stoneridge and Hopyard in the the Chili's and Eddie Papa's parking lot.

Get Personalized Results with Fit Style

Fitness Is a Lifestyle, Not a Destination!

Fit Style offers personal training, buddy training, nutrition planning, and a special 8-week challenge for people that want to lose 20 lbs. or more called BODY MORPH which includes small group workouts, personal training, nutrition and more in a fun, all-inclusive program where those that make it to their goal weight can win cash and prizes.

At Fit Style, they are passionate about changing lives through personal training and group fitness. They practice what they preach and have gone through the process of changing their own bodies. They understand the level of commitment it takes, and they will be with you every step of the way. They know how much confidence and self-esteem affect every aspect of life, and they also know that having a lean, fit, healthy body is the quickest way to gain that confidence. As personal trainers at Fit Style, they want to help you change your life.

Meet Jenn Longworth, owner and operator of Fit Style. She is in love with what she does. She began

her career as a Certified Personal Trainer in 2005 and started her own business, Fitness Is a Lifestyle, in 2006. Fit Style emerged from that in 2014 and is now an ever-expanding business. "Working out is my passion, and I love being able to help other people develop the same love for health and fitness that I have," said Longworth.

Longworth fell in love with working out in 1999. "I joined my first gym and never looked back. I was in high school at the time and started skipping class to workout. I moved to California from Utah in 2004 and joined a gym here. The fitness manager recruited me to be a trainer so I got my certification and as they say, the rest is history. My passion was not just the workout side of fitness but the confidence it gives," said Longworth.

Want a free assessment session or details of the 8 week BODY MORPH challenge? Email info@fitstyle.com or call 925-872-3504.



4855 Hopyard Rd., Suite 9
Pleasanton
925.872.3504
www.fitstyle.com