

Zone Conditioning, a boutique wellness and fitness studio, opened for new students Dec. 1 in the Hays Business Park across from the Mt. Juliet Library. The premier studio caters to the individual fitness needs of each client through personal and group training, nutrition counseling, special sports and therapeutic massage and health coaching. Each instructor and practitioner is certified in their areas of expertise and focuses on motivation through positive encouragement.

In addition, Zone Conditioning offers the only Official Spinning® Facility in Wilson County. Spinning classes will be joined by Spin yoga, beginner spinning, and curvy yoga for all body types. Two Zone Conditioning signatures are its ZONE Circuit, which incorporates treadmills, Spinner® bikes, TRX suspension training, Bosu balls and resistance training, and Power Hour Circuit, which blends aerobic and strength training in a group setting. Both classes are limited in size.

“We incorporate more than sweat with our wellness and fitness plan,” said Zone Conditioning co-owner Jen Mulford. “We care about the whole you.”

Zone Conditioning training focuses on the mind-body-spirit connection, ensuring that all areas of fitness are incorporated. In addition to its certified fitness instructors, Zone Conditioning staff includes a trained spiritual director offering soul care classes and a registered dietitian who can coach clients through health conditions. Sports and therapeutic massage helps prevent injuries, relieve stress and improve endurance.

“We recognize that everyone is at a different fitness level,” said co-owner Rob Mulford. “We have created an atmosphere where wellness is not intimidating and each person can pursue their individual fitness goals.”

Jen and Rob Mulford each have more than 20 years of experience in the wellness industry. Jen Mulford, CHHC, CPT, holds certification in personal training, health coaching, Spinning® and yoga. She is the co-founder of Compassion Fitness, which offers fitness and nutrition training, education and spiritual growth to individuals, non-profits, groups and communities regardless of their ability to pay. Rob Mulford, LMT, is a licensed massage therapist and certified Spinning® instructor.

Zone Conditioning now open in Mt. Juliet

Tuesday, December 3, 2013

Zone Conditioning is currently offering Grand Opening specials and ongoing sales, which can be found on its Facebook page (www.facebook.com/ZoneConditioning) or on Twitter (@ZoneCondition).