

## Award-Winning Gym Scottsdale BODI Moving to New Studio

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Scottsdale BODI is moving on up! The high intensity training gym in Scottsdale, which has won more than a dozen Best of Our Valley awards, is moving to a bigger and better location. The new location, the old Stand Up Comedy Club in downtown Scottsdale, will feature a training room double in size, indoor sprinting turf, brand new locker rooms and showers. In addition, a bonus second floor studio with boxing and other exciting classes.

"Four years ago when I was preparing to open BODI, I had a specific vision to create the BEST gym in Scottsdale," said Nikki Metzger, owner of BODI. "This location allows me to do everything I set out to do, and I couldn't do it without the amazing staff and clients at BODI." Metzger, a Nike Master trainer, experienced more personal success recently when she was named Women's Health Next Fitness Star and released her own workout DVD with the publication.

BODI has partnered with several local companies to bring the best to the new location. Juice Core will be taking over the space connected to the lobby and will be running a café and juice bar. Movement Restoration will be taking care of all recovery needs - offering massages, Normatec recovery boots, cold plunge tubs, yoga and stretch classes. Haus boxing will be leading the boxing classes on the second floor. In addition, the new space will offer plenty of member only perks, such as all second floor classes, customized meal plans and Juice Core and Movement Restoration discounts.

Grand opening is scheduled for December 1st, 2016. For more information, visit [www.scottsdalebodi.com](http://www.scottsdalebodi.com).

