

Press Release

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For Immediate Release

**The Colosseum Gym & Personal Training named Maryland
Small Business of the Year**

The July 2006 edition of the *Business Monthly* featured The Colosseum Gym & Personal Training in an article titled "Colosseum Gym Named Maryland Small Business of the Year". In addition to being declared Maryland Small Business of the Year by the Maryland Chamber of Commerce, the Colosseum has recently been named the Small Business of the Year by the Howard County Chamber of Commerce, the Maryland Small Business of the Year by the Small Business Administration, and was the recent recipient of the Access Award, presented by the Howard County Commission on Disabilities Issues. The Colosseum has undertaken a number of non-profit community initiatives, including silent auctions benefiting the Howard County School System as well as events benefiting cystic fibrosis research and the Special Olympics. The Colosseum is owned and operated by Tim Gallagher and David Sturman, both personal trainers certified by the American Council on Exercise (ACE). It offers strength training, cardiovascular training, Pilates, physical therapy, daycare, and personal training, its core focus. The twenty-five personal trainers on staff boast over 250 years of combined training experience and are certified through ACSM, NSCA, NSPA, and ACE to train persons of all fitness levels.

Following recent renovations to the 10,000 square foot, the Colosseum has increased the amount and variety of workout equipment it contains while providing a more spacious environment. The Colosseum currently serves approximately 900 members and has the space, equipment, and knowledge to accommodate any potential client. The Colosseum is located along Red Branch road in Columbia, MD.

To learn more about The Colosseum Gym and Personal Training or their marketing and branding firm eCity Corporation, please visit <http://www.colosseumgym.com/> and www.ecitydesigngroup.com, respectively.