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FOR IMMEDIATE RELEASE

## H2L Studio opens in Mechanicsburg

Mechanicsburg, PA — June 29, 2015 — Upper Allen Township has welcomed a new yoga, Pilates and fitness studio to the area. H2L Studio, LLC recently celebrated its opening with a ribbon cutting ceremony with the Mechanicsburg Chamber of Commerce.

H2L, short for Healthy Holistic Living, was formed when Jeanne Farinelli and her team were looking for a place to grow and share their holistic interests. Staffed by experienced, enthusiastic and kind-hearted instructors, the new studio offers group yoga, mat Pilates, Pilates reformer, barre, and barefoot classes. Private classes are also available. “What makes our studio different is that we offer all of these classes and styles under one roof, which is typically hard to find,” explained co-manager Courtney Baker. The classes are geared for clients of all ages and abilities who wish to create a healthy and holistic lifestyle. “Everyone is welcome at any class, regardless of fitness level or experience,” added co-manager Kara Nies. “Our instructors will personally tailor the workout for each individual in the class.”

H2L Studio offers a drop-in rate, as well as a discounted rate for classes bought in 5 or 10 class packs, which provides the freedom to experiment with a variety of practices from gentle flow yoga to ballet-inspired barre workouts. The first class is free for each client.

The studio is located in Upper Allen Township at 2151 Fisher Road and offers daily classes. For more information, or for a class schedule, visit [www.h2lstudio.com](http://www.h2lstudio.com) or call 717-697-4425.



Picture CAPTION:

Owner Jeanne Farinelli cuts the ribbon with Jeff Palm, Executive Director of the Mechanicsburg Chamber of Commerce. They are joined by the Chamber's Board President James Hockenberry, Beverly Kawaller of Rep. Sheryl Delozier's office, Laura Potthoff of Cumberland Area Economic Development Corp, and several instructors and family members. (L-R: James Hockenberry, Erica Sehar, Courtney Baker, Jeanne Farinelli, Jeff Palm, Kara Nies, Caroline Aronson, Emma Farinelli, Beverly Kawaller, Laura Potthoff)

About Mechanicsburg Chamber of Commerce

The Mechanicsburg Chamber of Commerce supports a variety of community, business and economic development programs throughout the year. It has over 400 business and residential members throughout South Central Pennsylvania; and focuses on the Mechanicsburg Borough, Hampden, Lower Allen, Monroe, Silver Spring and Upper Allen Townships.

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