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Butterfly Life arrives in Elk Grove

By Keith Gebers
Citizen Staff Writer

Kimberlee Bearden says owning Butterfly Life is a dream come true.

"This gives me a chance to do something I enjoy, helping people," she said.

Butterfly Life is located at 9165 Elk Grove-Florin Road, Suite #110, across the street from Albertsons.

"Our new club is designed for women who are interested in attaining simple, achievable results in a nurturing, non-threatening environment," Bearden said. "Members will enjoy the club's innovative approach to providing healthy living solutions for women, which encompass everything from fitness, health and nutrition to beauty, fashion and psychology, all under one roof."

Bearden added the Butterfly Life concept, of developing an integrated approach to women's fitness, weight loss and healthy living, was created by a team of pioneers boasting more than a century of industry experience. She said Butterfly Life understands that weight loss is only one component of a healthy life, and that's why the program was developed with an integrated, 360-degree approach to accommodating all components of

women's fitness and health.

According to Bearden, "Unlike anything the women's fitness industry has ever seen before, one of the progressive programs being introduced by Butterfly Life is Life Vision, which is an innovative system that puts club members right in front of the brightest minds in all components of healthy living solutions."

She said Butterfly Life is equipped with Life Vision's monitor that delivers fitness classes, seminars and lectures from such distinguished female health and fitness professionals as medical expert Dr. E. Regina Widman; psychology advisor Dr. Carole Lieberman; fashion advisor Beth Thorp; nutrition adviser Lisa Bellini; fitness advisor Cecily Guest; and yoga advisor Beth Shaw.

In the Butterfly Life facility on Elk Grove-Florin Road, her mother Aldee Hilliard helps out Bearden. "She is my right hand person," Bearden said.

Before opening Butterfly Life in Elk Grove, Bearden was in the insurance busi-

ness.

"I always enjoyed helping people get health," she said. "I also wanted to help people at doing something I enjoyed, so opening Butterfly Life was a golden opportunity."

She stated Butterfly Life is equipped with an exclusive 15-station strength-and-cardio-training circuit that has been custom designed and fully adjustable to meet the needs of women at all levels.

"In 30 minutes, members complete a well-balanced circuit that works the entire body efficiently and effectively," she added.

Among its many features Butterfly Life offers group exercise classes and movement and cardio classes include step, low impact and dance toning classes include lower and upper body sculpting, and relaxation and meditation classes include yoga, Pilates and stretch.

Bearden said specials would be offered frequently. For more information, call Butterfly Life at 916-230-0697 or visit www.butterflylife.com.