

Steve "USS" Cunningham

For Immediate Release

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Steve 'USS' Cunningham Branches Out and Opens New Gym.

Former IBF Cruiserweight Champion of the World Steve 'USS' Cunningham, who will be facing Matt 'Too Smooth' Godfrey early in 2010 for the title he held until December '08, has branched out by opening a gym - Sweat Studio 24 - in Glenolden, PA.

Following his magnificent victory over Wayne 'Big Truck' Braithwaite, in the IBF Cruiserweight final eliminator, in July '09, Steve, and his wife and manager Livvy, decided to open their own gym. A few months later they found a suitable home for their new venture and got to work fitting it out.

Taking a little time from relaxing with his family over the holidays Steve said of his new gym. "Sweat Studio 24 is a new venture for us, we are really excited about it. Our goal is to offer a safe, convenient and affordable option to getting and staying fit. We went with the 24 hour option because we know people have different schedules and we wanted to accommodate everyone.

We will be continuing the children's obesity camps and really just looking for new ways to connect and give back to the community.

January is a great month start a new training regime and I just encourage everyone to make healthy changes in their lives for 2010."



Sweat Studio 24 has a fully equipped fitness studio featuring the latest hydraulic resistance weight machines, commercial grade treadmill, elliptical trainer, heavy bags and stationary bike as well as a fully loaded weights studio on the lower floor.

Steve has developed BoxBlast a boxing fitness class, which is lead by professional boxers. BoxBlast is a fun, upbeat circuit based on the same training routine used by Steve and other top flight professional boxers. The BoxBlast classes are on Monday and Wednesday evenings from 6-7pm.

In addition, when not in training camp himself, Steve is available for personal One-2-One boxing workouts by arrangement.

Steve 'USS' Cunningham's Sweat Studio 24 is open 24 hours a day 365 days a year and is located at 38 South MacDade Boulevard, Glenolden, PA. Tel: 484 494 5379.

www.sweatstudio24.com

