

FOR IMMEDIATE RELEASE

Sculptures Personal Training Joins Sports Enhancement Group in Chesterfield

ST. LOUIS – February 15, 2009 – Sculptures Personal Training, known for its innovative physical training techniques and the Body Management System, has joined hands with Sports Enhancement Group (SEG) in the Chesterfield Valley. SEG is an industry leader in Athletic performance and physical therapy. With the two companies joining forces SEG/Sculptures will be the only company in St. Louis that has athletic performance, personal training and physical therapy under one roof.

Sculptures Personal Training has served the St. Louis area since 2000 and had locations in Clayton, Chesterfield and Wildwood. With the economy turning for the worse in 2008 Mike Tallis, owner and CEO of Sculptures had to make some big business decision for the companies future.

“We opened our new location in Wildwood last year and quickly found the economy start to press hard on our industry. (SEG Owner) Chris Mileski and I started talking about joining forces so that we could continue to expand our services and I couldn’t be happier that we made the decision,” said Tallis. “We went from operating in a 3,000-4,000 square foot facility to over 12,000 square feet. This allows us to have more creativity with our workouts than ever before.”

"We are happy to add the professionals of Sculptures Personal Training to the SEG family," Mileski said. "I've been searching for a few years now to find personal trainers that share my passion, vision and philosophy for strength and conditioning. I believe SEG is stronger than ever providing the greater St. Louis area with sports specific training for athletes, outpatient physical therapy, and cutting-edge personal training, nutrition, and massage therapy services ."

SEG/Sculptures is open 24/7 by appointment only. Sculptures is offering free evaluations and one free personal training session to all new clients looking to live a more positive lifestyle.

“We want to make our service as personal as possible for each client. Whether they want to lose weight, build muscle, get toned or just have more energy, we have trainers that specialize in each area,” said Tallis. “We know that people are busy. With their commitment, our service will get them results quickly in a convenient, private setting.”

Located At:

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www.SEGtraining.com