

New Business in the Village of East Davenport

Written by 1 on 1 Fitness Studio
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23, 2007 GRAND OPENING OF 1 ON 1 FITNESS STUDIO (DAVENPORT, Iowa) –
1 on 1 Fitness, located in the old Christie Mansion, will celebrate its grand opening in the Village
of East Davenport with a ribbon cutting on Friday, Oct. 26, at 11 a.m. at 2224 East 12th Street.
1 on 1 Fitness Studio offers one-on-one training sessions, couples/ partner training sessions,
personalized workout programs, small-group exercise classes, and lifestyle and weight
management consulting. The small group classes are offered during after-work hours and
individual training sessions are offered by appointment between 5:00 a.m. and 9:00 p.m.
At-home personal training packages are also available; if clients have very limited equipment 1
on 1 Fitness Studio will provide equipment. “1 on 1 Fitness Studio is designed to fit the needs
of a variety of individuals, whether 18 or 95 years old, the inexperienced to athletic, male and
female. All programs are designed specifically for each individual client in order to meet their
direct goals and needs,” said owner Kelli Knoblaug, a Bettendorf native. Knoblaug is an
American Counsel on Exercise (ACE) Certified Personal Trainer. She has worked in the fitness
industry for six years. A graduate of Western Illinois University with a bachelor’s degree in
Social Work, Knoblaug is a former domestic violence counselor. More information on 1 on 1
Fitness Studio can be found by visiting the website at www.1on1FitnessStudios.com. (end)