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FitSource™ Fitness Club For Women's Conversion and Expansion Come to A Halt

February 14, 2013 (Miami, Florida)--FitSource™ Fitness Club for Women, the premier fitness center founded by Cynthia Alonso and Yami Meneses in 2009, has officially closed its doors. After launching successfully in 2009, Fitsource™ who's Trade Mark is owned by Lifestyle Fitness, LLC, grew to three gyms by 2010. Surviving the recession, it appears that the time for Fitsource™ Fitness Club For Women has officially come to an end.

Founding Partner Cynthia Alonso originally purchased the Living Well Lady brand in 2005, and invited Yamin Meneses to join her in this venture because Ms Meneses was a veteran and prior fitness club owner herself. The partnership flourished and the duo decided to update the facilities and create a new brand for the modern woman called FitSource™ Fitness Club For Women.

After several years of hard work and commitment, partner Cynthia Alonso decided to refocus her energy on her family and gave her partner Yamin Meneses several options to continue with the business successfully.

"After much contemplation, Yamin and I came to an agreement on the sale of the business. Yamin would stay with the three open clubs (Fitsource of Okeechobee, LLC, Fitsource Women of North Miami LLC and Fitsource Sunset, LLC aka Fitsource for Women as well as other entities related to the business) to develop them with an investor and/or new brand," stated Cynthia Alonso.

The brand and investor was Elements™ Diet and Fitness, which also does business as Balance Diet™ and collectively known as The Elements™ group brand joined forces

with Yamin Meneses and took over these three existing FitSource™ locations. At that point Cynthia Alonso was no longer a part of, or responsible for the day-to-day operation of the clubs having relinquished her shares in a signed agreement dated September of 2011. At this same time, Lifestyle Fitness, LLC no longer handled the operations of the businesses.

On September 20, 2011, Elements™ published a press release where Yamin Meneses was quoted as saying "Over the next twelve months, we will transform our FitSource clubs to reflect the highly-acclaimed, state-of-the-art program and design of elements™, and be adding many new and exciting revenue centers, such as BalanceDiet™ and product sales, allowing us to tap into a whole new audience and greatly expand our reach beyond selling memberships," commented Regional Director Yami Meneses. (Ref: http://elementsforwomen.com/html/news_fitsource.htm) Unfortunately several months after Cynthia Alonso sold her shares to Yamin Meneses, the clubs began a very quick demise.

"It was really disheartening especially for my old members.... some of whom I had known for many years and considered like family. I was really excited for Yamin, Elements™ & Balance Diet™, and believed they would continue successfully with the three clubs," stated Cynthia Alonso.

By end of 2012 Yamin Meneses and the Elements brand had closed two of the three centers that were set to convert and be developed. The Sunset location is still open and being operated as Elements™ Diet and Fitness today.

" I just want to be clear for the sake of my old members and prior business partners and associates that I no longer have anything to do with FitSource™ Fitness Club for Women and I am deeply saddened by everything that has transpired since the sale to Yamin Meneses & the conversion to Elements™/Balance Diet™ but mostly their closure of those locations," added Cynthia Alonso.

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