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## **FOR IMMEDIATE RELEASE**

### **W Club Fitness Center is Nearing Completion**

**May 10, 2006/Fort Lauderdale, Florida...Ellis Diversified, Inc. (EDI)** is pleased to announce that the **W Club Fitness Center**, located inside its newest property, Wilton Station is nearing completion. (Wilton Station is a “village-style” community of 272 luxury residences located in the heart of Wilton Manors).

ProServe Concepts, Inc., a Fort Lauderdale firm specializing in the layout and set-up of state-of-the-art spas and fitness centers, has worked closely with EDI and interior design firm L&A Interiors to ensure the creation of an inviting, upscale residential spa and fitness facility for its residents.

“In many ways, the W Club Fitness Center will be simply trend setting. It is not just another commercial gym, but rather a very intimate and functional fitness center enhanced by a very appealing contemporary aesthetic,” states Christine Sposa, President of ProServe Concepts, Inc.

As you enter the W Club Fitness Center, floor- to-ceiling glass walls overlook the magnificent exterior resort-style pool and spa allowing for both a picturesque and uplifting environment. The multi-level fitness center is divided into special workout zones and includes the entry level with strength-building equipment, an upper “cardio” mezzanine, and a specially dedicated lower mezzanine “cardio pit”, which includes treadmills, cross trainers, recumbent and upright bikes. “Hammered” rubber flooring, the best material for low-impact workouts, covers the exercise areas.

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The W Club Fitness Center will feature the latest generation of **Life Fitness** equipment, one of the leading brand names in premium fitness equipment.

Sposa states, "Life Fitness equipment has a distinctive, almost space-age look that complements the overall style and ambience of the W Club, yet remains inviting and easy for exercisers to use. They lead the forefront of producing ergonomic equipment that cuts work-out time in half while providing a total-body workout. This is especially important for busy residents who have limited time to workout."

Their new signature series "selectorized" line, a recent recipient of the *2005 Silver Industrial Design Excellence Award*, will be an important part of W Club's outstanding fitness amenities. Residents who are performance-driven will have at their disposal this one-of-a-kind resistance training equipment, providing them with a rare opportunity to use the same kind of strength-training machines that many world-class athletes use.

Most of the Life Fitness equipment in the cardio-designated areas of the W Club Fitness Center feature anywhere from 28 to 30 different workouts, including 5-zone training workouts and up to 9 different languages. Additionally, these machines include flat screen monitors equipped with satellite TV and over 500 channels. Exercise at the W Club will never be boring, always entertaining.

For more information on Wilton Station or the W Club, please contact Wilton Station at (954) 522-5700. **END**

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