



Philadelphia area visitors can maintain – and improve – their workout routines

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Visitors to the Philadelphia area can benefit from one-on-one personal training at Pondeli's Lift for Life, just off Interstate 95. Or, they can arrange for a private training session at their hotel or office gym.

PR9.NET January 30, 2006 - BENSALEM, PA – Whether you're visiting the Greater Philadelphia area for business or pleasure, Pondeli Hajioannou is ready to roll out the welcome mat – the exercise mat, that is. Hajioannou runs Pondeli's Lift for Life, just south of Philly.

While Hajioannou's 4,000-square-foot gym is conveniently located off Interstate 95, the main artery running through the city, the 22-year fitness veteran is more than willing to train visitors in their hotel or office gyms as well. "The only drawback to that," he notes, "is that those gyms are very limited in what they offer in terms of equipment. But I can easily work around that if needed."

Hajioannou prides himself on accommodating clients' busy schedules, their particular training needs and, in some cases, their insistence on privacy. That's why he and his wife, Marian Almario- Hajioannou – a former competitive bodybuilder who won the title of "Ms. Philippines 1999" – have built their business by offering only one-on-one training sessions. It's a strategy that seems to have paid off, because some of their clients drive over an hour to receive their "personal" personal training.

"What we do is unique in the Delaware Valley," said Hajioannou. "It's unique, period. Our trainer-client ratio is always one to one. Each client receives our individual attention. We don't offer group sessions, and we haven't hired extra trainers. We want to keep our service exclusive, and our clients appreciate it."

While Hajioannou's clients may not all be Olympic hopefuls, they might just feel like it. At Pondeli's Lift for Life, Hajioannou's own personality – and heritage – is reflected Greek statues displayed amid the gym equipment.

Hajioannou has been training people in the Greater Philadelphia area professionally since 1984. He has trained in California with Frank Zane, a three-time "Mr. Olympia" and the man who defeated Arnold Schwarzenegger in 1968. He also served as head trainer for the late Dr. Jim Corea, dean emeritus of Philadelphia's fitness scene.

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