

FOR IMMEDIATE RELEASE

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Bodies By Design and Urban SocialLites present Shape Up or Ship Out it is about getting your body in shape!

Manalapan (NJ) May 27, 2011- Urban SocialLites (USL) is a black owned business dedicated to providing social and business networking opportunities to African American professionals in New Jersey and beyond. USL will be sponsoring their 1st Fitness Workout on Saturday, June 11th 10am held at ICAT GYM located on Brielle Avenue, Ocean, NJ, 07712. This is a cosponsor event with Bodies By Design which specializes in fitness training for adults and children in Monmouth County.

USL and Bodies By Design understand that people need to implement more structural and active activities into their daily lives. Both business owners developed this workout concept for individuals who lack motivation to do it on their own. Bodies By Design and USL are looking forward to seeing people feeling good about wanting to get in shape and forming new relationships with small businesses owners in Ocean township. USL founder & CEO Ms. Roberson states, "depending on the response from our upcoming event on June 11th, we are looking forward to possibly sponsoring our fitness workouts once a month and throughout the State of NJ." The cost to workout is \$20 per person, participants will get to network, meet, and mingle with professionals and small business owners when attending this event so make sure you bring your business cards. There is more information about Shape Up or Ship Out on USL's website: <http://www.urbansocialitesnj.com/>.

About Urban SocialLites

Urban SocialLites (USL) has been existence for 11 months; however, we have created several programs under USL umbrella and formed great partnerships with well-known businesses such as NJ Nets, BlackNJ, Brooks Brothers, YMCA in Freehold Boro, Primerica, EnRiajolie, Vision Planning Group, and Mary Kay. *Follow Urban SocialLites on **Twitter (USL NJ1)** and **Facebook (Urban SocialLites-NJ)**.*

