



*One Body Fitness* in St. Peters offers fitness training with a personal touch. Owner Scott Otey's aim is to make everyone feel comfortable under his personal training.

"I have a lot of passion for improving people's lives through exercise," Otey said. "I want to motivate them to live a more active lifestyle and experience that 'feel-good' feeling." Otey knows that feeling well; he began lifting weights at age 13 and has been at it for more than 35 years.

*One Body Fitness* opened seven years ago. It is a general membership, personal training gym where there is no intimidation – only a friendly atmosphere where clients get to know one another by name.

Otey personally guides the training for every member in his clean, well-equipped facility.

"Our support system is tops," Otey said. "I am here seven days a week to assure that techniques are sound and injury potential is less and to make the workout output high to achieve desired goals. Our equipment is

second to none in the industry."

*One Body Fitness* offers ladies-only weight training classes that meet twice weekly, on Mondays and Wednesdays. Clients include people with health issues, such as those who have suffered a stroke.

"They do improve with my help," Otey said. "I'd like to get everyone, young and old, to get active – to enjoy the physical and mental benefits of an active lifestyle."

We only have "One Body for Life," Otey likes to say. *One Body Fitness* can help keep it fit.

*One Body Fitness*

1278 Jungerman Road, St. Peters

(636) 922-7200

Monday – Friday, 5:30 a.m. to 10 p.m.

Saturday, 8 a.m. to 3 p.m.

Sunday, 9 a.m. to 12 p.m.