

# Gowrie Reveals New G-Fit Gym for Employees

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Company: Gowrie Group

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**Photo:** Employees gathered at the grand opening of Gowrie G-Fit Gym and Wellness Center

Gowrie Group has officially opened the Gowrie G-Fit Gym & Wellness Center in Westbrook, CT. At the ribbon cutting on March 23<sup>rd</sup> Carter Gowrie, Gowrie's CEO and Founder shared, "We invested in you so that you can invest in yourselves. We encourage you to take full advantage of all the fitness and wellness activities and classes that are offered through G-Fit."

G-Fit by Gowrie Group is an original initiative that includes exercise classes with a range of focus and difficulty. Through these programs, employees spend an hour or two a week exercising and learning about fitness and nutrition. This is all under the guidance of three trainers Gowrie Group has partnered with, Jessica DaSilva, Klaudia Radziszewski and Margot Sherwin.

The G-Fit gym features state of the art equipment, one-on-one personal trainer consultations, a robust menu of classes run by G-Fit trainers, and a fully equipped make your own smoothie bar. The G-Fit gym and related programming are a cornerstone of Gowrie Group commitment to employee well-being.





**Photo:** Some of the owners and partners of Gowrie Group (From Left to Right) Skip Young, Chris Pesce, Carter Gowrie, Ed Gumbrecht and John Fisher

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