

## The Fitness Source Opens in Big Bear Lake

*June 1, 2018, Big Bear Lake* – It was love at first sight with Big Bear Valley for fitness buffs Michael and Stephanie Ibasco, and now their dreams are reality with the opening of The Fitness Source.

For the past six years, fitness instructors and Las Vegas gym owners Michael and Stephanie vacationed to Big Bear Valley enjoying its many trails, often visiting Wolf Total Fitness in the Stater Bros. shopping center on a day pass. Realizing its great potential and location, the Ibascos often spoke of how they'd love to own a gym in Big Bear.

While Wolf Total Fitness was not on the market, the Ibascos took a chance and connected with the owner of the gym through a local realtor. A combination of good timing and fate sealed the deal. "The owner was ready to move on," Stephanie said. "He (the owner) wanted the location to go to the right people who would put their hearts and souls into it ... it just worked out."

The Ibascos took over Wolf Total Fitness on Jan. 27, 2018, and immediately began transforming the gym into a state-of-the-art facility, much like their facility in Las Vegas. Now branded The Fitness Source, the gym has had several aesthetic upgrades including the installation of mirrors, along with the replacement of cardio machines and a number of equipment advancements.

In addition to a full-scale renovation, a variety of classes were added for all fitness levels. Members can now enjoy basic fitness classes, cross training, Piyo, a combination of Pilates and yoga, regular yoga, step and occasional boot camp sessions. All classes are taught by personable, certified and experienced instructors.

The Fitness Source offers personal training with a free initial consultation. Trainers evaluate needs and goals and establish an appropriate fitness plan with the most health benefit. An app is also available featuring videos of Stephanie as she walks viewers through safe use of all the gym's equipment to eliminate risk of injury, as well as a tanning salon.

"We want to bring what health and fitness is today to the community of Big Bear," Michael said. "We're growing things organically and spreading the wealth of health."

"We are so excited to be in Big Bear and to be part of the community," Stephanie continued. "This has been a dream of ours, and now it's just so exciting to have it actually happen."

Cost of membership at The Fitness Source is based on tiers running from \$40 to \$55 per month. The lowest tier features basic access to the gym while the highest tier gains full access and offers discounts on personal training. Hours are 5:15 a.m. to 8:30 p.m. Monday through Friday, 7:30 a.m. to 4:30 p.m. Saturday and 7:30 a.m. to 3:30 p.m. Sunday.

The Fitness Source is at 42169 Big Bear Blvd., Big Bear Lake, CA 92315. For more information, call 909-866-5300, email [tostephanie@thefitnssourcebb.com](mailto:tostephanie@thefitnssourcebb.com) or visit the website [www.thefitnssourcebb.com](http://www.thefitnssourcebb.com).