



STS Active

stsactive.com

Company History? Years in business?

I have been in business for 7 years with 3 locations, STS Active, STS Zenergy, STS Athletics and this past September we added a 4th location STS Anytime.

What products or services do you offer companies or individuals?

We offer Personal training, Small group training, group fitness, boot camps, yoga, Athletic training, Team Strength and Conditioning, Sports recovery, Soft tissue modalities with a Licensed PTA on staff, A Certified Bowenwork and Ayurvedic Practitioner, An Egoscue Method Certified Practitioner.

What's an interesting fact about your business most people don't know?

Most people don't know that STS originated as my first company, Suspension Training Systems. I created a light weight training device for outdoor enthusiasts to travel and train with. I traveled the country training them to build strength and endurance.

What accomplishments are you most proud of?

I am most proud of being connected to people and athletes of all ages, keeping them safe, strong, fit, healthy, active and in the game!

What are the greatest obstacles and/or challenges that your business has faced? How have you and your business overcome them?

2 of Our facilities are set back off of M59 and out of people's view. We also struggle a bit with using social media and have tapped into some good resources. Terry Bean was one of them. We may be seeking more guidance from him in 2019.

What do you foresee in the future for business?

I see these businesses continuing to grow within themselves and a company as a whole. I foresee us using our knowledge, skills and education setting us a cut above and becoming number #1 sports and fitness training facilities in the area. We will continue to strive to meet the needs of our members and clients.

As someone doing business in and around Hartland, how does the chamber help you?

The Chamber continues to drive us to make connections and get out in the community.

When you are not working, what do you like to do in your free time?

We are enjoying the outdoors: hiking, hunting, fishing, enjoying lake life in the summer, boating, paddle boarding, sand volleyball and staying fit.