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**VISIT STUDIOPLEX ON SATURDAY, AUGUST 22  
TO MEET LOCAL FITNESS GURU  
ANDREW JOHNSTON/TRIUMPH TRAINING**  
Start the day at the Weekly Market and end it at the Birdhouse Social

ATLANTA – August 11, 2009 – Studioplex, the live/work community in Atlanta’s historic Old Fourth Ward, is pleased to welcome Atlanta native Andrew Johnston, owner of Triumph Training who recently opened his new state-of-the art fitness studio in loft 201. The public is invited to attend an open house on Saturday, August 22, 1 – 5 p.m. Admission is free, but an RSVP is required. Please respond to [Andrew@TriumphTraining.com](mailto:Andrew@TriumphTraining.com) by Aug. 20.

Johnston, who was recently featured in The Atlanta Journal-Constitution about how he faced a life threatening illness, is now not only surviving but thriving. “I wake up each day with a new found energy and look forward to working with my clients to help them achieve their fitness goals.....not by working out but by working in,” said Johnston in his studio a few weeks ago while workers were finishing the build-out of his stunning loft studio space.

“90% of how you look, feel and function is what you do outside the gym. Lifestyle must be addressed. Thus, I not only focus on movement, but I also address how a client eats, thinks, breathes, drinks and sleeps. Only then can optimal health be achieved.”

In addition to being a fitness trainer, Johnston is also a motivational speaker. For more information about Johnston, visit [www.TriumphTraining.com](http://www.TriumphTraining.com).

Not only is Studioplex a short three-mile bike ride from his home, but Johnston was also attracted to Studioplex’s weekly organic market held in the courtyard every Saturday morning from 8 a.m. – 1 p.m. For more information about the market, visit <http://studioplexmarket.blogspot.com/>, Weekly items and vendors include: organic brown turkey figs from Mt. Airy, GA; Above and Beyond Farms Gorgeous Organics; Tiger Mountain Organic Italian produce from The Mashburns at Mill Gap Farm; HollyBeth’s Natural Luxury body products; organic soaps, candles and more.

Also on Saturday, August 22, the Atlanta chapter of Architecture for Humanity will host its first birdhouse design auction featuring custom designed and constructed birdhouses at Studioplex. The Summer Birdhouse Social will showcase a collection of custom designed birdhouses created by local and national architects, artists and designers. The event will be held in the outdoor atrium at Studioplex from 5 – 9 p.m. This event is free (as well as parking), open to the public and wheelchair accessible. For more information, visit [www.afhatlanta.org](http://www.afhatlanta.org).

“There’s a whole day of special events and activities going on at Studioplex on Saturday, August 22,” said Dillon Baynes, owner of Studioplex. “Like our live/work environment, there will be something here for everyone, so come and check us out. Of course, we would be happy to give you a private tour so that you will understand why so many people want to be part of our vibrant community at Studioplex.”

#### About Studioplex

Studioplex, located at 659 Auburn Avenue in Atlanta’s historic Old Fourth Ward, features 130 live/work lofts as well as 9,100 sq. ft. retail space in the Pavilion at Studioplex. Sales Center hours: Tuesday - Saturday: 10-5; and Sunday: 1-5. Email: [info@studioplexlofts.com](mailto:info@studioplexlofts.com). Studioplex is developed by three partners: The Historic District Development Corporation (HDDC); Columbia Residential and Orinda Corporation.

Studioplex website: [www.studioplexlofts.com](http://www.studioplexlofts.com)

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