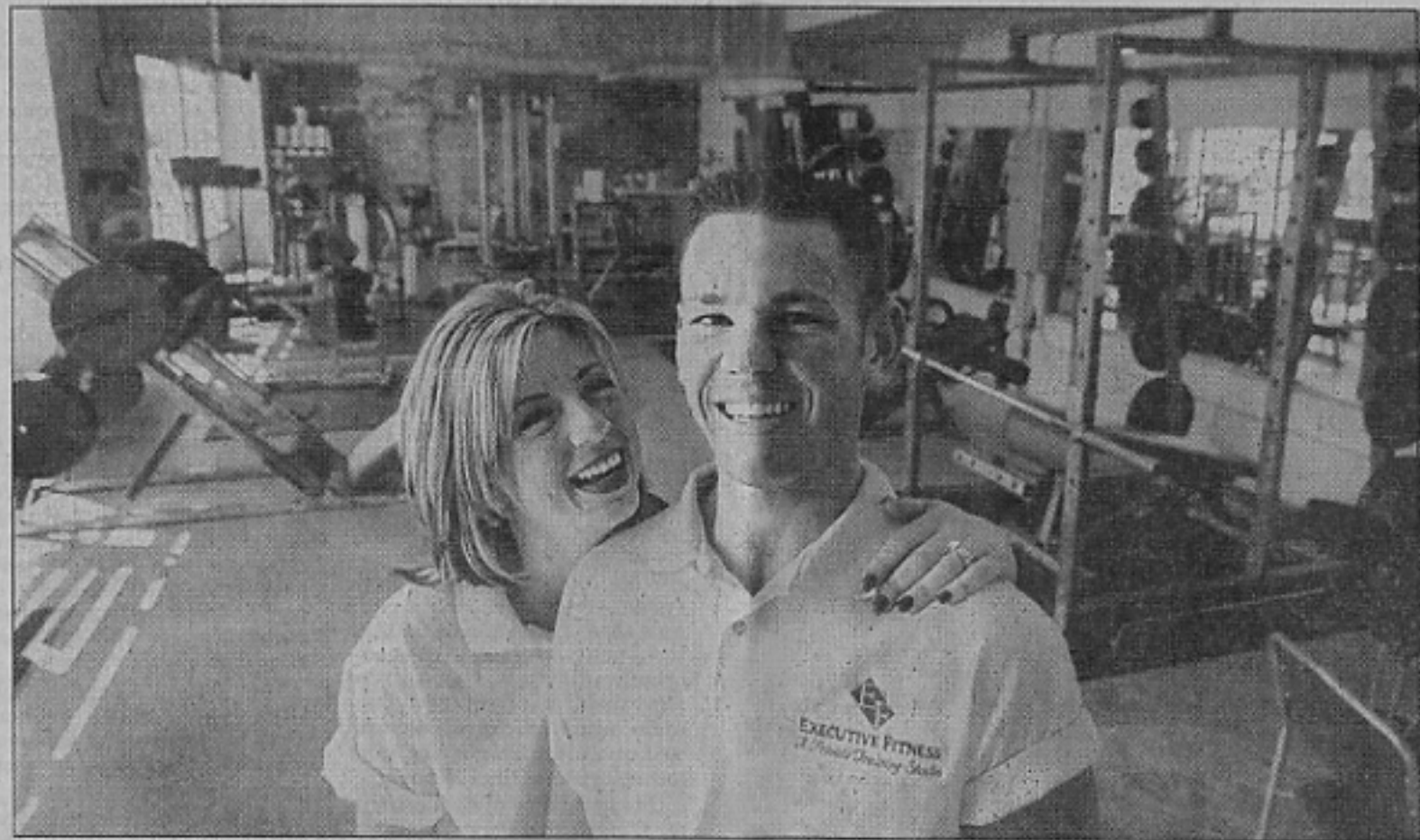


BUSINESS MONDAY

Press-Telegram / Monday, April 14, 1997

SWEATING WITH THE KAMMELS



Lisa and Casey Kammel are partners both in business and in marriage. They own and run Long Beach's newest gym, Executive Fitness, at 443 Pine Ave., which takes up the first floor of the Kress Lofts Building. Executive Fitness is a private fitness studio where independent trainers work with clients by appointment. The trainers pay a fee to the Kammels for use of the studio and equipment.

Hilary Sloss / Press-Telegram