



FARMETTE AT 4424
4424 LANGTRY DRIVE
GLEN ARM, MD 21057
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News Release

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Farmette At 4424 Announces New Trainer, Massage Therapy

Glen Arm, MD, May 19, 2019 – The Farmette At 4424 is proud to announce the addition of a new personal trainer to our team, Sofia Barone! Sofia's personal journey towards optimal health fuels her ambitions in supporting women from all walks of life to do the same. Her 10+ women's only boot camp classes are the definition of supported, sweat therapy. Reserve your spot in one of Sofia's boot camp classes, or, work with her privately by e-mailing Sofia at fitwithfi@gmail.com.

Also, the Farmette At 4424 is excited to announce the addition of massage therapy in our new treatment room, as well as a full bathroom available for clients! **Renovations for the year will be completed on or before June 15, 2019.**

Farmette At 4424 owner and lead trainer Todd Bauer, said of the Farmette: "For me, it's a visual and feeling of what real health is. As we get further and further from our food source (meal delivery kits, fast food, etc.) kids, and even most adults don't know how to grow their own food or understand what it looks like anymore. The Farmette At 4424 is here to change that".

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About the FARMETTE AT 4424

Todd and his wife Liz purchased the farmette with their dream in mind; to show clients what true health looks like day-to-day. Growing their own organic produce and cooking healthy and delicious food, to having a private atmosphere to train clients while immersed in nature. After years spent working in a commercial gym setting, Todd decided he wanted to fuse his passion for the outdoors, with his work indoors, creating a space that not only was a representation of both Todd & Liz's lifestyle, but one clients could escape to and enjoy as well.

Our three-acre property features a 250 sq. foot private training facility, with commercial fitness equipment. Our gardens contain 100% organic produce. For more information, please visit [**www.thefarmetteat4424.com**](http://www.thefarmetteat4424.com) We encourage you to connect with us on [Facebook](#) and [Instagram](#).